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PAGE 3

Tough to leave bleak history behind

North Korean refugee adjusts to new life as a Canadian student PAGE 4

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Coming from Disney's vault — Walt's voice revived & vintage Mickey in 3D PAGE 25

'It has not rained for over 2 years here'

Namibian resilience tested by the worst drought in decades PAGE 14

Blair taps former judge for report

Sammy Yatim shooting. Police chief brings in Walkerton/Arar inquiries head to do TPS review

JESSICA SMITH
jessica.smith@metronews.ca

Toronto Police Chief Bill Blair has called in help for his review of the Sammy Yatim shooting — former associate Chief Justice of Ontario Dennis O'Connor, who conducted the Walkerton Inquiry into tainted drinking water and the Maher Arar Inquiry into rendition and torture.

Blair announced O'Connor's role in the review on Monday, two weeks after he told the public they have "every right to be concerned" about the death of Yatim, an 18-year-old who was fatally shot by a police officer as he stood on a streetcar holding a knife.

"I acknowledge again today there is enormous public concern about the way in which these incidents are responded to and I understand that concern. I share that concern and I want to ensure we take as thorough a look at this as possible," said Blair.

O'Connor's review will examine the policies, procedures, training and equipment for TPS offices concerning use of force and dealing with emotionally disturbed persons, and include an international review of best practices, said Blair.

Blair said the police service is open to making changes.

For example, the shooting death of Yatim has prompted questions from the public about the use of Tasers and why provincial policy states only sergeants — not all frontline officers — are equipped with Tasers, because the only sergeant at the scene of Yatim's shooting arrived after he was shot, and Tasered him after he was shot. "I would anticipate that (O'Connor) would take a look at that and there may be recommendations forthcoming," said Blair.

The report will only be made public if the police services board decides it should be, but Blair has asked that it will be, he said.

Yatim family rally

Outrage over the killing of Yatim continues as family and supporters prepare for another protest, this time at police headquarters.

- The "family friendly rally," which will include relatives of Yatim and several other victims of police shootings, is planned to coincide with Tuesday's 1:30 p.m. meeting of the Toronto Police Services Board. It will start at Yonge-Dundas Square at noon and end at police headquarters on College Street, west of Yonge Street.

PAM SLAMS AUDIT

Sen. Pamela Wallin reads a statement in Ottawa on Monday, saying the independent audit of her travel claims is "fundamentally flawed and unfair." However, sources familiar with the Deloitte review said Monday the report will detail travel expenses — such as flights and taxis — that Wallin expensed to taxpayers while she was travelling on business unrelated to her Senate duties. Story, page 10. PATRICK DOYLE/THE CANADIAN PRESS

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Suspect Video

Video store with rare finds fighting to stay afloat

Obscure horror schlock. Blaxploitation. "Weirdo" European movies. The inventory at Suspect Video — where the owners stopped counting titles 10 years ago at 25,000 — is vast.

Inside the Mirvish Village institution lie oddball DVDs that customers are unlikely to find anywhere else. It's these rarities that have kept the store afloat.

But now, Suspect is struggling. Revenue has slipped in each of the last seven years, employee Glenn Salter said.

Dave Henriques, founder of the video-store consultant Movie Experts, says there are no more than 10 video rental stores left in Toronto. TORSTAR NEWS SERVICE

Cyberbullying

Former Ontario prosecutor to review Parsons case

A former chief prosecutor in Ontario who is reviewing the Rehtaeh Parsons case says understanding the role technology played before the teenager attempted suicide will be critical in improving how Nova Scotia's justice system handles similar cases in the future.

Murray Segal was appointed Monday by the Nova Scotia government to conduct a review of the initial investigation into Parsons case by police and the provincial Public Prosecution Service.

Segal said he'll consider the impact technology is having on youth and their families. TORSTAR NEWS SERVICE

Feathers will fly in court over backyard chickens

Marianne Kalich spends time with Rhoda, a Rhode Island red, and Conswella, Colombian rock chicken, two of six birds that she has in a pen in her backyard. The City of Mississauga is crying fowl over Kalich's backyard coop, charging her with violating a municipal bylaw prohibiting residents from owning chickens. She's received a summons and will appear in a provincial court on Aug. 22, where she plans to fight the charge.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Woman's lawsuit blames affair for miscarriage

Seeking accountability. Patient sues fertility clinic in Markham, claiming common-law spouse's relationship with nurse impacted her physical, mental health

A Markham woman is suing a fertility clinic, claiming breach of professional duties, after she miscarried — an event she alleges was triggered by an affair between her clinic nurse and her common-law spouse.

Po Leung is suing registered nurse Wendy Shanks, Dr. Colette Pyselman and the Markham Fertility Centre, alleging negligence and failure to provide her with the level of care she was owed as a patient. None of the claims have been proven in court.

Until last month, the defendants had been fighting to have the lawsuit dismissed on the grounds that a spouse's lover can't be sued for the breakdown of the relationship. But on July 24, a judge ruled that Leung's claim as a patient outlines a reasonable cause for action.

"I think the court came to the right decision," said lawyer Lisa Corrente of Torkin Manes, who is representing Leung. "This is really about alleged breach of a health professional's duty to his or her patients."

Shanks' lawyer, Chris Wayland, said that "her intention is to defend herself vigorously against these allegations."

Leung is seeking $400,000 in damages for pain and suffering, breach of contract and breach of confidence. But she claims the suit is not about money but about seeking accountability from the professionals who she claims failed her.

Quoted

"I thought (nurse Wendy Shanks) was looking after my best interest, that she was caring for me, and I really trusted her. I trusted her with my life." Po Leung, 44

"It was important to me that we have some sort of accountability from these medical professionals," Leung said.

Leung and her common-law spouse, Stuart Westcott, first began visiting the fertility clinic in 2007, according to the statement of claim. They were placed in the care of Pyselman and Shanks as they pursued in vitro fertilization.

On March 24, 2010, Leung was told she was pregnant, court documents show. The next day, according to the statement of claim, Westcott ended their relationship. Soon after, according to the court documents, Westcott admitted he had left to pursue a relationship with Shanks, with whom he had been having an affair.

About two weeks after the breakdown of her relationship, Leung suffered a miscarriage. TORSTAR NEWS SERVICE

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‘I had seen many bodies who died from starvation’

Making the transition. North Korean refugee remembers bleak childhood as he adjusts to new life as student in Canada

JESSICA SMITH
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There was no electricity — no computers, projectors or Internet — and no indoor toilets at Jake Choi’s school in rural North Korea.

But when he began going to school in Canada, it was having the time to study and better himself after classes instead of having to work on his teacher’s farm that was the biggest change.

“When I got in middle school, it was very hard to live because the government could not give the rationing to the people, and teachers had to make their own farm to get corn or potatoes or beans. And we, as students, had to help them. Every day after school, we did not have our free time,” said Choi from South Korea, in an email interview with Metro.

Hunger wasn’t just a problem for his teachers.

“I don’t remember a lot from my childhood. But what I remember is that after the Great Famine started, the life in North Korea was miserable,” he said. “I had seen many bodies who died from starvation. We could barely find any food resources, and we had to do anything to be alive such as eating rats, grass, even worms.”

Choi, now 20, is among the growing number of North Korean students in Toronto schools for whom back-to-school means more than just new binders, new teachers and new classes. From the physiological effects of starvation to the psychological effects of living in a totalitarian state, North Korean students heading to GTA schools this fall have a different educational background than their peers.

“The Canadian education system is way more sophisticated than North Korea’s, except in math,” he added.

Choi graduated from Toronto’s Central Commerce Collegiate this spring after two years of Canadian high school, which he spent studying hard to learn English. He was accepted to study life sciences at the University of Waterloo, but he’s hoping to take one more high school course to bump his average to get a scholarship next year and study engineering.

Jake Choi is seen standing in front of a window. He asked that his face not be shown to prevent him from being recognized in North Korea, to protect members of his family who remain there. TORSTAR NEWS SERVICE

A struggle to survive

“What I remember is that after the Great Famine started, the life in North Korea was miserable.... We could barely find any food resources, and we had to do anything to be alive such as eating rats, grass, even worms.”
Jake Choi

While Choi was very successful at school in Toronto, the transition isn’t easy for North Korean students, says Randall Baran-Chong, executive director of the HanVoice Support Association, which supports North Korean refugees in Canada.

This spring, Baran-Chong gave a presentation to teachers with the public school board in York Region, where many North Korean families have settled, to guide them in teaching the growing number of North Korean students. The advice includes recognizing that their past can mean they can be wary of authority figures, be hesitant to talk about their lives in North Korea and, above all, be slow to trust anyone.

“They come from a society where you’re told to look out and report on family members if they’re disloyal,” he said.

Teachers should make an effort to check on the student’s progress, in case they’re not able to ask for help on their own, but keep a respectful distance when asking questions about their past, which they may be unwilling to speak about, said Baran-Chong.

Follow Jessica Smith on Twitter @jessiecatherine

Refugees on the rise

The journey to Canada

Since 2007, Canada has seen an increase in refugees from North Korea and there are an estimated 1,000 to 2,000 North Korean refugees living in Canada, most in Toronto, where in some classes there are 10 to 20 students from North Korea, said Randall Baran-Chong.

The escape from North Korea can be dangerous — getting caught can mean prison or forced labour camps — but getting refugee status in Canada isn’t guaranteed, said Baran-Chong. Because South Korea offers citizenship to North Koreans, the federal government has been challenging some refugee claims. There is also persistent speculation that some North Korean refugees lie about whether or not they’ve spent time in South Korea, which would likely disqualify them as a refugee, said Baran-Chong.

Many families are coming to Canada, according to Baran-Chong, because North Koreans overseas learn through contacts and message boards that Canada has a reputation as a good place to raise a family because of the health and education systems.

“There’s this belief among North Koreans who go to South Korea that they face discrimination,” he said.

For students, the uncertainty of their family’s immigration status can make it harder for them to plan a future, said Baran-Chong.

JESSICA SMITH/METRO

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COLUMBIA

City's concert-ticket war heats up with more players

New additions. Players like Ticketfly, TicketBreak and TicketSwell are gradually chipping away at the Ticketmaster monolith

Competition is on the rise once again in the Canadian ticketing industry, which can only be good news for concertgoers but might spell a further erosion of Ticketmaster's traditional stranglehold on the market.

Hot on the heels of Ticketfly's splashy first incursion north of the border earlier this year — a move that, in Toronto, saw the San Francisco company wrestling away longtime Ticketmaster customers Collective Concerts with much fanfare during Canadian Music Week in March — the past couple of weeks have seen the quiet launch of a new online-ticketing service based in Toronto, TicketSwell, and the Canadian outfit TicketBreak's acquisition of high-profile local venues Hugh's Room and the Glenn Gould Studio as new clients.

Jeff Cohen, who owns the Horseshoe Tavern, Lee's Palace and part of Collective Concerts, went with Ticketfly.

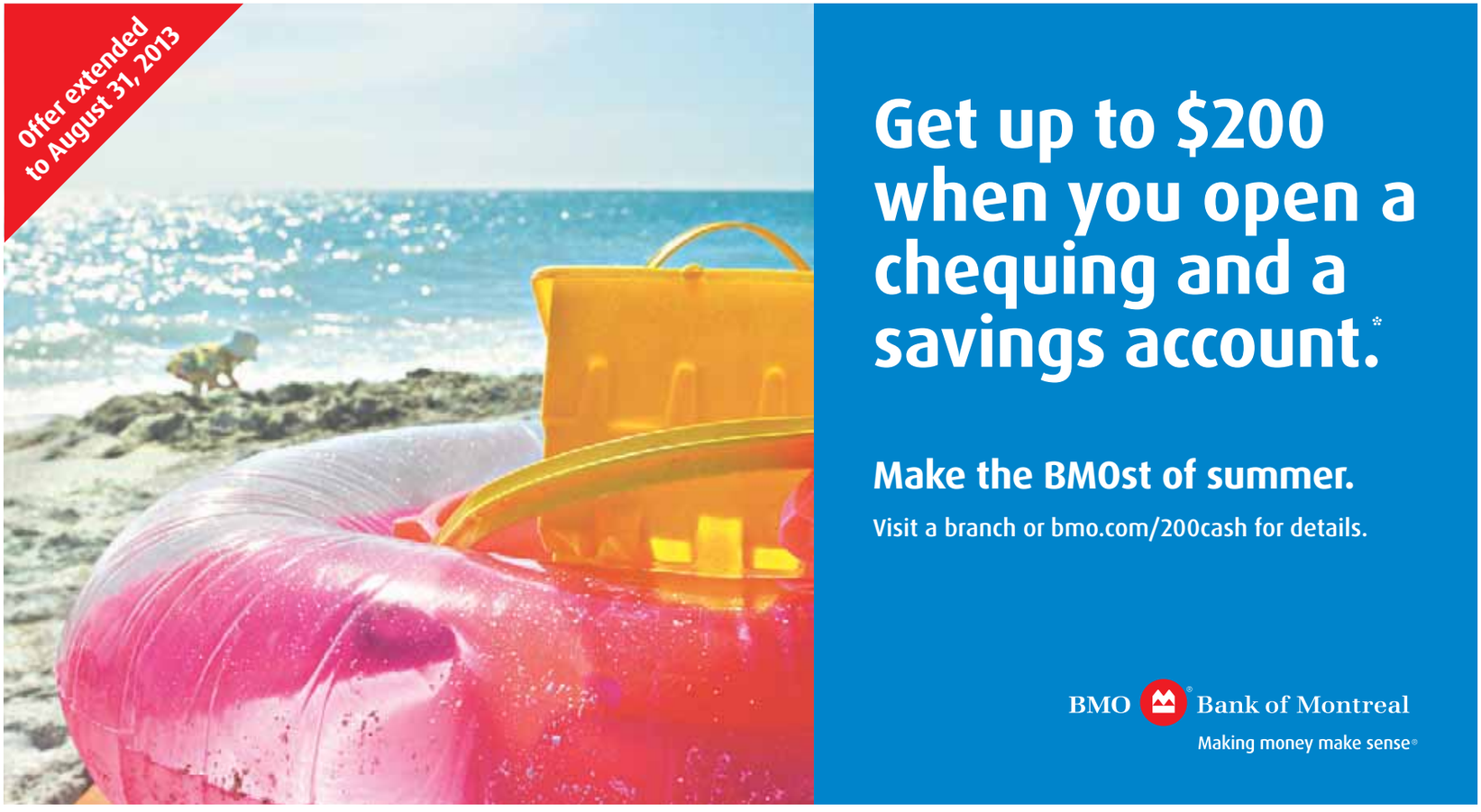
In the end, ticketing is a growth industry still ruled by one major player, so there's probably much to gain for anyone with a decent product willing to throw his or her hats in the ring. And Ticketmaster — which begged off commenting for this piece because, a spokeswoman said, "we usually don't have conversations about competitors" — still has a lot of room to lose before it'll feel it. TORSTAR NEWS SERVICE

Quoted

"I was with Ticketmaster for 23 years and I never met an owner.... When I first got approached by Ticketfly at a Pollstar convention I sat down and had dinner with the owner. So that was the first thing. I tend to like that contact."

Jeff Cohen, on why he went with Ticketfly

Jeff Cohen, owner of the Horseshoe Tavern, Lee's Palace and part of Collective Concerts, says he went with Ticketfly for personal reasons.
RICHARD LAUTENS/TORSTAR NEWS SERVICE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Homeless gay youth often abused in shelters: Researcher

Homeless youth who are members of a sexual minority often experience verbal and physical abuse in Toronto's shelters — a problem staff aren't properly trained to deal with, according to a University of Toronto researcher.

A city study recently revealed that almost one in five homeless youth are gay, lesbian, bisexual, transgender or queer. U of T doctoral candidate Alex Abramovich is calling on the city to open a shelter specifically for that group, and to provide staff at other shelters with mandatory training for dealing with homophobia and transphobia among shelter users.

Young gay and transgendered people flock to Toronto from across the province, Abramovich said, driven from their homes by intolerant families and stifling small-town values. Many expect a warm welcome in the progressive metropolis.

But youth shelters can be harrowing places, he found during seven years of research.

"You know what they do in the shelters," one queer youth told Abramovich. "They tie you to the bed and beat the s— out of you."

Another gay youth Abramovich heard about from shelter staff was beaten up in the shower. "It was a very brutal beating, and it was because he was gay," Abramovich said.

In his unpublished dissertation, Abramovich writes that the shelter system's dangers are driving queer youth onto the streets. One told him of spending months living in a city park rather than braving the taunts and threats of physical attack in youth shelters.

"It's become accepted that (shelters are) an unsafe place for LGBT youth," Abramovich said. TORSTAR NEWS SERVICE

Alex Abramovich
CONTRIBUTED

London ‘smart bins’ trashed for sweeping up smartphone data

The bin who spied on me. The innocuous-looking receptacles are under investigation for phone hacking after reaching more than 4 million devices this year

KIERON MONKS
Metro World News in London

Graphic of a Renew bin extracting the MAC addresses from passing smartphones. The company that has been collecting the information is now being investigated for secretly gathering personal data. CONTRIBUTED

They look like normal recycling bins, with a display screen showing news updates and adverts. But new “smart bins” in London have been secretly harvesting personal data and are now under investigation, in possible violation of European Union law.

The model from technology company Renew has been collecting the unique electronic signatures (MAC addresses) from passing smartphones, reaching more than four million devices in trials this year. The company claims the data reveals the user’s route, frequency of visit, and time at a location, which it would provide for advertisers to personally target consumers.

On Monday, the City of London ordered the company to stop the practice and referred it to the data protection body Information Commissioner’s Office (ICO) for investigation. “Anything that happens like this on the streets needs to be done carefully, with the backing of an informed public,” it said in a statement.

Renew director Kaveh Memari downplayed the investigation, telling Metro the data gathered is “always anonymous.” Memari said the practice was “just a trial at this stage to see if the technology worked to merit a longer term discussion.”

But he may be in conflict with the EU “Cookie Law” that states permission is required to gather personal data, or cookies (tiny individual databases websites used to identity past users). “The majority of opinion is that MAC address and location is personal data and requires consent,” Richard Beaumont, expert on data protection law at The Cookie Collective, told Metro. “Four readings is enough personal information not to be anonymous.”

Beaumont added that it is not a surprise the authorities were unaware as regulation is outdated.

You know you want it?

A spokesman of the U.K. Advertising Association said this type of data gathering went too far, but added most people want tailored advertising. The source noted a 2012 Accenture survey showed just 36 per cent of people objected to being tracked.

Coming to a street corner near you. The Renew bins will have further trials in North America and Asia. CONTRIBUTED

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Supporters of Egypt's ousted president Mohammed Morsi chant slogans against the Egyptian army during a sit-in at Rabaah al-Adawiya mosque Monday. MANU BRABO/THE ASSOCIATED PRESS

Egypt holds off on clearing sit-ins by Morsi supporters

Plan leaked. Decision came after media reported on security forces' plan to cordon off the Cairo protest sites, officials said

Egyptian authorities on Monday postponed plans to disperse two Cairo sit-ins by supporters of ousted president Mohammed Morsi, saying they wanted to "avoid bloodshed," security officials said.

The postponement came as Morsi supporters held new rallies demanding his return to power, marching down a main boulevard at the heart of Cairo chanting anti-military slogans and waving the toppled president's picture.

At least temporarily, the delay is likely to defuse tensions that had spiked overnight, with the country bracing for a new bout of violence if the police move against protesters.

Tens of thousands have occupied two encampments in Cairo's streets since even before Morsi's July 3 overthrow. At least 130 of his supporters have been killed in two major clashes on the edges of the larger encampment.

Morsi has not been seen since the military deposed him, disbanded the Islamist-dominated parliament and suspended the constitution. He is held incommunicado, along with some of his aides, while several top Brotherhood leaders and their Islamist allies are detained on charges of instigating deadly violence.

THE ASSOCIATED PRESS

Detention extended

A judge on Monday ordered deposed president Mohammed Morsi to be detained for 15 more days, as investigations continue into charges that Morsi colluded with Hamas to break out of prison in 2011 along with 33 other Muslim Brotherhood members.

- Other Brotherhood figures, including their top spiritual guide Mohammed Badie, are on the run or taking refuge amid tens of thousands of supporters at the larger of the two sit-ins in Cairo's eastern Nasr City district facing Rabaah al-Adawiya mosque.

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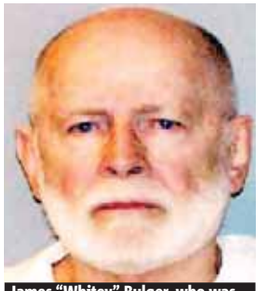
Boston. Notorious mob boss turned informant convicted of 11 killings

James "Whitey" Bulger, the feared Boston mob boss who became one of the most-wanted fugitives in the U.S., was convicted Monday in a string of 11 killings and other gangland crimes, many of them committed while he was said to be an FBI informant.

Bulger, 83, was charged primarily with racketeering, which listed 33 criminal acts, among them 19 murders that he allegedly helped orchestrate or carried out himself during the 1970s and '80s while he led the Winter Hill Gang.

Bulger could get life in prison at sentencing Nov. 13. But given his age, even a modest term could amount to a life sentence.

One woman in the gallery taunted Bulger as he was being led away, apparently imitating machine-gun fire as she yelled: "Rat-a-tat-tat, Whitey!"



James "Whitey" Bulger, who was on the run for 16 years. U.S. MARSHALS SERVICE/THE ASSOCIATED PRESS FILE

Bulger skipped town in 1994 after being tipped off — by a retired FBI agent, it turned out — that he would be indicted. THE ASSOCIATED PRESS

Nova Scotia. Health care mix-ups lead to needless mastectomy and biopsy

Capital Health is assuring people changes are coming after two separate mix-ups led to an unnecessary mastectomy and an unnecessary biopsy.

Chris Power, CEO of Capital Health, said in an interview they are informing the public because they want to be open.

"It's really important for us for the public to have trust and faith in our system, and we don't ever want them to think we're hiding things," Power said Monday.

In the first case, two patients had their reports switched, so one tissue analysis went in the wrong file. This resulted in a woman having a mastectomy.

"She would have thought that she had cancer," he said.

Power said the mistake was found when their quality-assurance program picked up that the woman's report didn't match her original biopsy.

In the second case, two tissue samples were labeled incorrectly before analysis, resulting in one person having an unnecessary biopsy and the other not receiving correct treatment right away.

Power said Capital Health is already in the process of implementing a barcode system for lab specimens, and a robotic lab that will limit human error. HALEY RYAN/METRO IN HALIFAX

Wallin says she will repay her 'mistakes'

Travel expenses. Yet a Deloitte report says she may have tried to alter her claims after the fact, according to a source

Sen. Pamela Wallin appears at a Senate committee hearing on Parliament Hill on Monday. PATRICK DOYLE/THE CANADIAN PRESS

Pamela Wallin said she will reimburse taxpayers for all disputed travel expenses but denied wrongdoing as she claimed all those flights and taxi rides were just part of her job as a busy senator.

"I never intended to seek nor sought reimbursement for travel expenses in any situation where I did not believe such a claim was proper. Where I made mistakes, I have, as you know, already paid money back," Wallin told reporters Monday.

The statement came before Wallin headed into a meeting of the Senate committee on internal economy, budgets and administration, where her colleagues discussed a review of her travel expenses by the forensic accounting firm Deloitte, dating back to when she was appointed as a senator for Saskatchewan more than four years ago.

Accusation

Sources said Monday the report will detail travel expenses that Wallin expensed to taxpayers while she was on business unrelated to her Senate duties, including activities related to the boards of directors she used to sit on, her time as chancellor of the University of Guelph and one instance of fundraising for the Conservative party.

"It is my view that this report is the result of a fundamentally flawed and unfair process," said Wallin, who received the Deloitte report Monday morning.

Details were dribbling out Monday, with sources saying the committee is expected to recommend Wallin reimburse at least $120,000 in expenses.

One source said she could be asked to pay back an additional $20,000 if senators decide some expenses Deloitte flagged as open to interpretation were ultimately inappropriate.

Wallin has already repaid $38,000 in expenses and said Monday she plans to pay back whatever else the committee decides she owes, plus interest.

Wallin said her main issue with the Deloitte report is that auditors did not view the job of a senator — and therefore what constitutes "Senate business" — in the same way she does.

"I was determined to be an activist senator," Wallin said.

Sources familiar with the Deloitte report had also said Monday that external auditors flagged a number of instances where Wallin had altered her electronic calendar after the review had begun.

She said she was advised during the process that she should exclude any information irrelevant to the actual expenses.

"So we formatted our calendar accordingly," she said. TORSTAR NEWS SERVICE

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Sinkhole swallows parts of Florida resort villa

Summer Bay. There were no signs of trouble before collapse began Sunday, says development president

It sounded like a thunderstorm as windows broke and the ground shook, but vacationers who were awakened from their rooms at a villa in Clermont, Fla., soon realized that the building was starting to collapse — parts of it swallowed by a 100-foot sinkhole that also endangered two neighbouring resort buildings.

By early Monday, nearly a third of the structure at Summer Bay Resort had collapsed. All 105 guests staying in the villa were evacuated, as were those in the neighbouring buildings. No injuries were reported. The villa, with 24 three-storey units, was reported as a total loss.

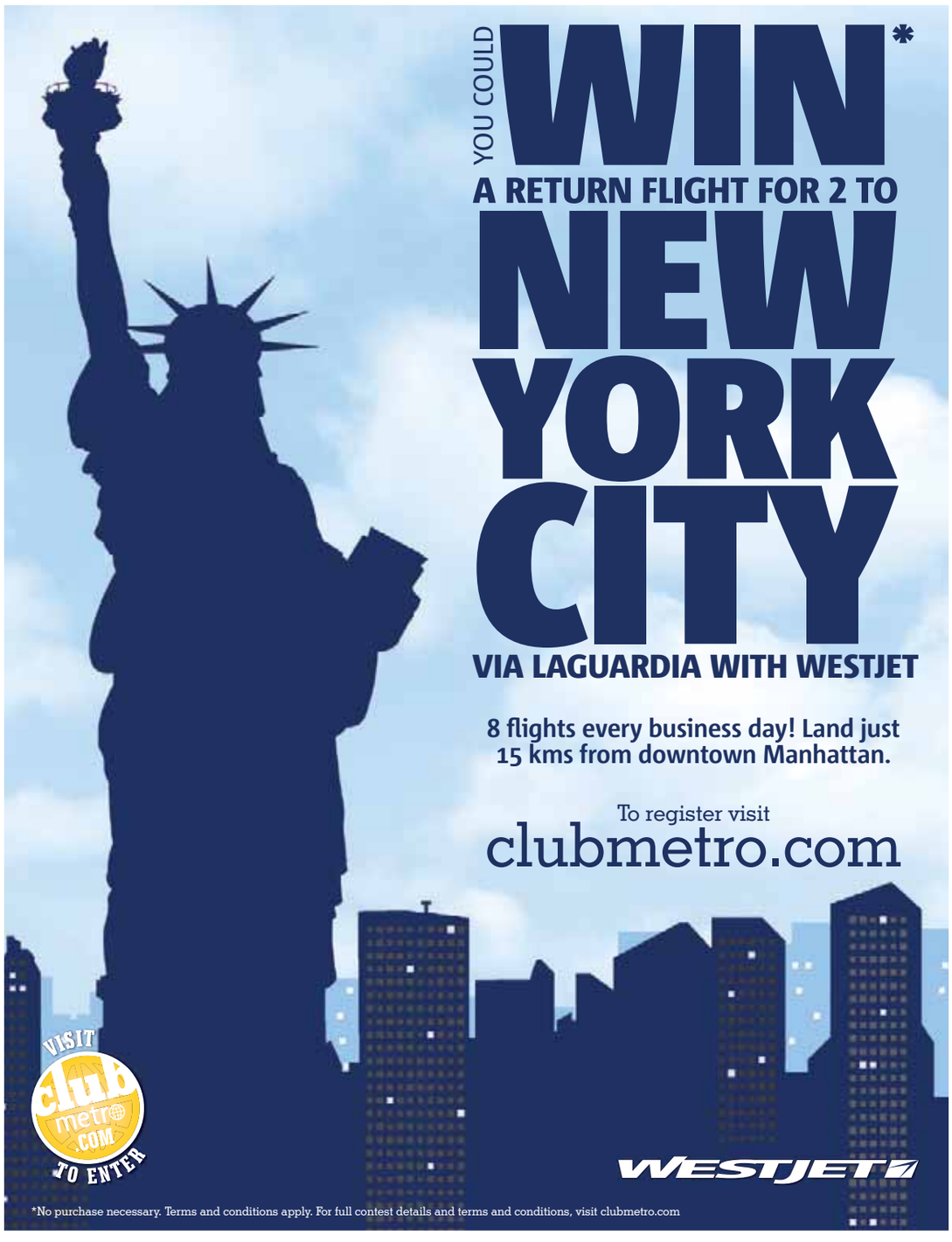
Inspectors remained on the scene Monday to determine whether the other two buildings near the sinkhole — a common occurrence in Florida — would be safe to re-enter.

The first sign of trouble came Sunday morning. Security guard Richard Shanley had just started his shift, and he heard what sounded like shouting from a building.

A guest flagged him down to report that a window had blown out. Shanley reported it to management, and another window popped. The resort's staff decided to evacuate the villa.

THE ASSOCIATED PRESS

Employees install barricades around the collapsed building by a sinkhole at Summer Bay Resort Monday in Clermont, Fla. GERARDO MORA/GETTY IMAGES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Alberta. Loosen, don't tighten, exotic-pet laws, owners urge

Alberta owners of exotic pets, both slithery and not, are slamming a pledge from the Harper government to review whether it needs to further regulate Canada's exotic-pet market in the wake of a Maritimes tragedy involving a banned python.

On Aug. 5, police say young brothers Connor and Noah Barthe were both asphyxiated by an African rock python belonging to the owner of a Campbellton, N.B., exotic-pet store.

On Friday, Prime Minister Stephen Harper said his government "will try to ascertain exactly what has occurred and if there is a federal role, what needs to be done about that."

But while Calgary and area exotic-pet breeders and distributors deem the deaths tragic, they say, if anything, provincial regulations need to be relaxed somewhat.

"This was a freak accident," said Tim Baergen, breeder and owner of New World Reptiles in Calgary.

"Most of the people that I know that keep these animals in their house, they separate reptile rooms," he said. "They all have closed doors; they're almost inescapable."

"Over-control" of animals in Alberta also extends well beyond reptiles, according to Ty Marshall, owner of an exotic-species farm near Vulcan, Alta.

"There's hundreds of species that are illegal that shouldn't be — there's different species of rabbits and hares, things that are not dangerous at all."

He said other provinces are more lax. Ontario and B.C., for example, allow zebras to be owned.

"Why can't I own a zebra?" Marshall asked. "There's basically no difference from a horse."

JEREMY NOLAIS/METRO IN CALGARY

Quoted

"Escapes do happen — it's going to happen here and there — but before I leave I make sure my room where the big snakes are is locked."

Breeder Tim Baergen

I dub thee Martin

There's only one Messiah, decrees Tennessee judge

A judge in Tennessee changed a seven-month-old boy's name to Martin from Messiah, saying the religious name was earned by one person and "that one person is Jesus Christ."

Child Support Magistrate Lu Ann Ballew ordered the name change last week, according to WBIR-TV. The boy's parents were in court because they could not agree on the child's last name, but when the judge heard the boy's first name, she ordered it changed, too.

"It could put him at odds with a lot of people and at this point, he has had no choice in what his name is," Ballew said.

Martin DeShawn McCullough, the child formerly known as Messiah. HEIDI WIGDAHL/THE ASSOCIATED PRESS

Messiah was No. 4 among the fastest-rising baby names in 2012, according to the U.S. Social Security Administration.

Ballew said the boy was to be named Martin DeShawn McCullough, which includes both parents' last name.

The baby's mother, Jaleesa Martin, said she will appeal.

THE ASSOCIATED PRESS

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Indonesia. Volcano still spewing after deadly weekend

A volcano spewed more hot ash and lava on a tiny Indonesian island Monday after causing six deaths over the weekend.

More than 500 Palue island residents who had earlier refused to leave the three-kilometre exclusion zone around Mount Rokatenda have been evacuated to the neighbouring island of Flores, said Mutiara Mauboi, an official at a disaster command post.

The bodies of two children who were among six people killed by lava as they slept early Saturday have not been recovered.

"There is no more searching for the victims. The main activity now is evacuation," Mauboi said from her office in the town of Maumere. "All of the residents in eight villages on Palue have to be moved gradually."

The eruptions were smaller Monday but the potential danger was high because the volcano continues to release hot gas clouds, said government volcanologist Surono, who uses only one name, like many Indonesians. Molten lava and ash have covered most of Palue, an island in East Nusa Tenggara province with only a four-kilometre radius.

"Mount Rokatenda remains on high alert," Surono said. "There has been no significant decline in activity."

Mount Rokatenda is one of 129 active volcanoes in Indonesia, an archipelago of more than 17,000 islands.

THE ASSOCIATED PRESS

Tourists walk the dunes of Sossusvlei in Southern Namibia Sunday. Further north, an estimated 778,000 Namibians are either severely or moderately food insecure due to the worst drought in years.

JEROME DELAY/THE ASSOCIATED PRESS

'It has not rained for over two years here:' Police chief

Namibia. Herdsmen seek scarce water sources during worst drought in decades

The police are about the only people left in this village of 400 in the Namibian desert because the infrequent rains have ceased due to a drought, forcing residents to seek precious water and grazing ground elsewhere for their livestock.

"They left for the other side of the mountain, looking for water for the cows," said Orupembe police chief Olani Imanul, whose roughly 20 officers feel a tad useless with just about everyone gone. "It has not rained for over two years here."

Summer rains usually flood the plains and rejuvenate the flora, but they did not come. Now, in the Southern Hemisphere winter, it is especially dry. UNICEF said the drought in this arid corner of southwest Africa is said to be the worst in three decades and that families are selling assets such as livestock, have less to eat and are migrating to cities to find work.

"An estimated 778,000 Namibians, a third of the population, are either severely or moderately food insecure," UNICEF said in an online report on Wednesday.

One of those affected is Jormany Mupetami, who sells semi-precious stones outside the village of Uis to tourists. His dreadlocks and his smile make the visitors at ease. Yet, even after making a sale for $50 US he whispers, almost embarrassed: "Would you have some canned food you could give us for the children?"

At the Van Zyl pass community camp, skinny cows fight with birds for water at the camp's faucet. The Ombuku river is dry and has been for the past two years.

Outside Purros, a hamlet graced by giant sand dunes in the midst of a mountainous Martian landscape, a river has been reduced to a narrow stream. Desert elephants, oryx, baboons and springbok gather around a few puddles of water along with skinny livestock, seeking relief in the heat of the day. THE ASSOCIATED PRESS

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Good advice helps couple reduce newcomer uncertainty

When Ayan Kar and his wife Sharmistha first dreamt of moving to Canada five years ago, they knew that careful planning, and a spirit of adventure, would help them succeed. But practical advice from Scotiabank before they left India smoothed the ups and downs of their settlement experience.

"We did research and studied French while waiting for our papers," says Ayan, a software engineer who became familiar with Montreal during a past contract in the city. His wife Sharmistha, a physician, adds that, "I obtained my MBA during the wait, since I thought it could be my 'Plan B' if Canadian medical licensing took too long."

Despite their meticulous homework, the couple says they gained invaluable advice just three months before flying to Canada at a 'Know Before You Go' seminar hosted by Scotiabank. "Honestly, it's thanks to that session that we were ready," says Sharmistha, recalling how the presenters spoke honestly about the professional challenges immigrants can face in Canada.

The couple signed up for the ***Scotiabank StartRight***® Program[1] at the Scotiabank branch in Bengaluru, to apply for a bank account and credit card before leaving India. "They patiently answered our questions about the process and we realized the importance of free banking for one year, since you take transactions for granted at home," says Sharmistha. "They earned our total trust to give them our money, and that they would release it to us at the branch in Canada."

Ayan adds that their finances were handled smoothly on arrival in Calgary by Sonia Matharu, a senior personal banking officer at the Castleridge Centre branch: "We got more than we expected with the ***Scotiabank StartRight*** Program, since our credit card was ready and Sonia gave us tips on housing."

The ***Scotiabank StartRight*** Program includes a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits.

The couple laughs about other surprises that greeted them. For example, they hoped to live near a brother in Alberta, but he moved to British Columba the day they landed. Also, the couple took odd jobs as a café barista and gas bar attendant to conserve funds until Ayan found a telecomm sector job. "It was actually very nice, since it gave us exposure to normal Canadians and I learned a lot about coffee," chuckles Sharmistha, noting that the Scotiabank seminar prepared them for the possibility of temporary jobs.

Now enjoying life in Montreal, including the Fête des Neiges winter festival, Ayan and Sharmistha are pondering a car purchase and home ownership: "Thanks to Scotiabank we had fewer worries on arrival, and the right expectations, even about the snow."

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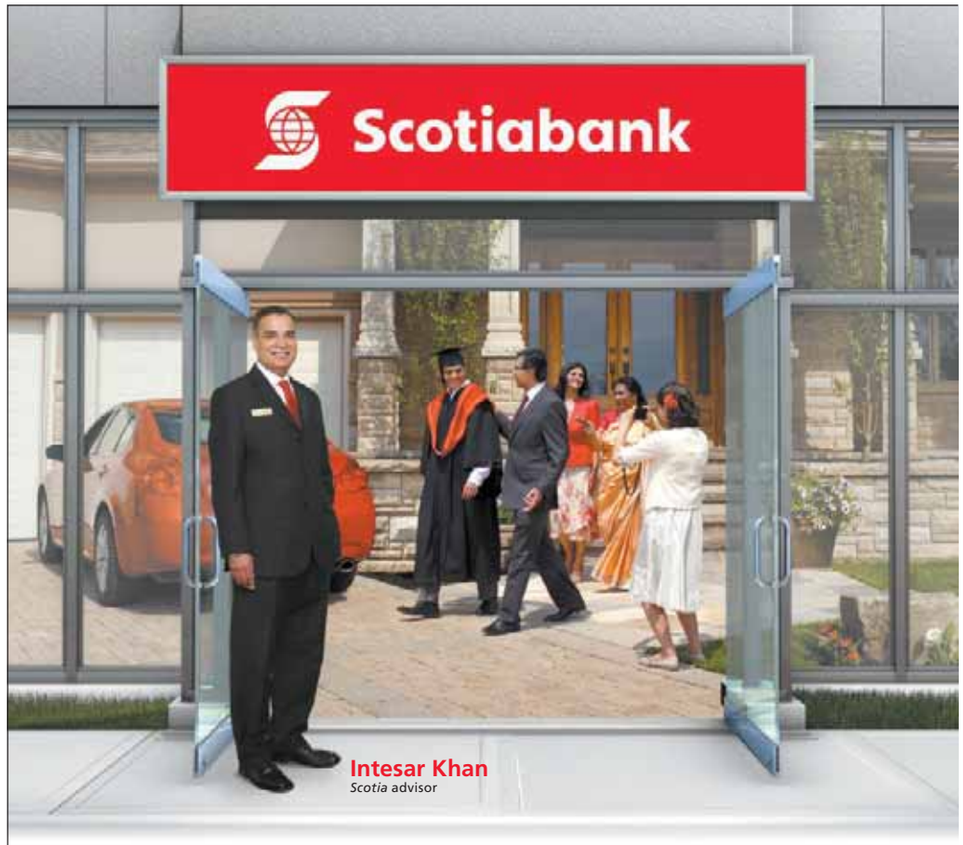
Careful planning and advice from Scotiabank helped newcomers Ayan and Sharmistha Kar adapt to the surprises that awaited them in Canada.



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Israel resolution evokes celebration and indignation

Fragile freedom. Expected release of Palestinian prisoners breeds resentment amongst victims' families

Mustafa al-Haj expected to die in an Israeli prison for killing an American-born settler hiking in the West Bank in 1989. Now lights decorate his home to celebrate the planned release of the 45-year-old and more than 100 other Palestinian convicts in a deal that revived Mideast peace talks.

While the Palestinians are joyful, the decision to free the inmates has stirred anger in Israel where victims' families say it is an insult to their loved ones.

Negotiation continuation

- Palestinians and Israelis are now making their third major attempt since 2000 to agree on the terms of the Palestinian state alongside Israel.
- The Palestinians want a state in the West Bank, Gaza and east Jerusalem, lands Israel captured in 1967, but are willing to make some adjustments.

Israel published the names of 26 men, including al-Haj, to be freed before the first round of talks Wednesday. In all, 104 prisoners have been slated for release in four tranches over a period of nine months that the U.S. has set aside for negotiations. But their freedom is contingent on progress in the talks.

The Israelis have granted early release to Palestinian prisoners in the past, including in swaps. The upcoming round, however, has sparked particularly high-pitched debate because it was linked to resuming talks and many of those to be freed were involved in deadly attacks.

Gila Molcho said the release of one of three men involved in the stabbing death of her brother in 1993 was opening old wounds. Her brother, Ian Feinberg, was killed in the European aid office in Gaza City where he was working as a lawyer.

"My brother's blood is being sold for nothing, as a gesture," Molcho said. "On a very personal level, there is pain."

THE ASSOCIATED PRESS

A person stands next to a banner with hand stamps in red paint during a protest in Tel Aviv on Monday, as people protested Israel's decision to release 26 Palestinian prisoners as part of a U.S.-brokered deal that led to a resumption of Mideast negotiations. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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Alleged Nazi war criminal dies. Csatary accused of assisting in killing Jews

Laszlo Csatary, a former police officer who was stripped of his Canadian citizenship and indicted by Hungarian authorities for abusing Jews and contributing to their deportation to Nazi death camps, has died. He was 98.

Csatary, who lived for years in Montreal, died Saturday of pneumonia in a Budapest hospital, said his lawyer, Gabor Horvath B.

Hungarian authorities claimed earlier this year that Csatary was the chief of an internment camp set up in a brick factory in 1944 for around 12,000 Jews in Kosice — a Slovak city then part of Hungary. They accused him of beating the Jews with his bare hands and a dog whip regularly and without reason.

He had also been charged with "actively participating" in the deportation of thousands of Jews to Auschwitz and other Nazi death camps. According to the indictment filed by Hungarian prosecutors in June, Csatary rejected a request by one of the deportees to allow a ventilation hole to be cut into the wall of a railroad car on its way to a death camp and crammed with around 80 people.

Alleged war criminal Laszlo Csatary. THE ASSOCIATED PRESS

"With his actions, the accused wilfully assisted in the illegal killings and torture carried out against the Jews deported from Kosice to the concentration camps in areas occupied by the Germans," the indictment said.

Csatary denied all those charges. THE ASSOCIATED PRESS

NYPD's stop-and-search policy gets the frisk down

Targeted? U.S. judge orders monitor for New York City's police in bid to reform a system condemned for violating citizens' rights

A U.S. judge has appointed a monitor to oversee the New York Police Department's controversial stop-and-search policy, saying it intentionally discriminates based on race and has violated the rights of tens of thousands of people.

The judge on Monday ruled in favour of four men who said they were unfairly targeted. Police have made about five million stops over the past decade, mostly of black and Hispanic men.

The practice has become "a fact of daily life in some New York City neighbourhoods," U.S. District Court Judge Shira Scheindlin said in a ruling.

She said she was not putting an end to the policy but was reforming it. The mayor and police commissioner have defended the practice — known as stop, question and frisk — as a life-saving tool. City lawyers have argued the police department does a good job monitoring itself.

The practice has led to protests and warnings that it is creating resentment and anger. Mayor Michael Bloomberg vowed to appeal the ruling. He told a news conference that the judge displayed a "disturbing disregard" for the "good intentions" of police officers.

In numbers

200,000

The judge said she determined at least 200,000 stops were made without reasonable suspicion.

N.Y.C. Mayor Michael Bloomberg addresses a news conference in New York Monday as NYPD Commissioner Ray Kelly looks on. THE ASSOCIATED PRESS

NYPD Commissioner Raymond Kelly said the idea that the police department engages in racial profiling is "recklessly untrue." The ruling on the nation's largest police department may affect how other U.S. police departments operate, legal experts said. The judge said she determined at least 200,000 stops were made without reasonable suspicion. THE ASSOCIATED PRESS

A nerdy bomb?

1,800 knitters cover bridge in U.S.'s largest 'yarn bomb' art project

More than 1,800 knitters have covered the Andy Warhol Bridge in the U.S. with 3,000 feet (914 metres) of colourful yarn.

Volunteers worked all weekend to attach 580 blanket-size, hand-knitted panels to the pedestrian walkways on the bridge in Pittsburgh, where Warhol was born.

The project was organized by the Fiberarts Guild of Pittsburgh and other local institutions.

The guild calls it the nation's largest "yarn bomb." The term applies to artists who knit coverings for everyday objects like lampposts, street signs and trees.

The bridge will be covered until Sept. 6.

THE ASSOCIATED PRESS

More than 1,800 knitters covered the The Andy Warhol bridge in Pittsburgh in 3,000 feet of colourful yarn on Sunday. GENE J. PUSKAR/THE ASSOCIATED PRESS

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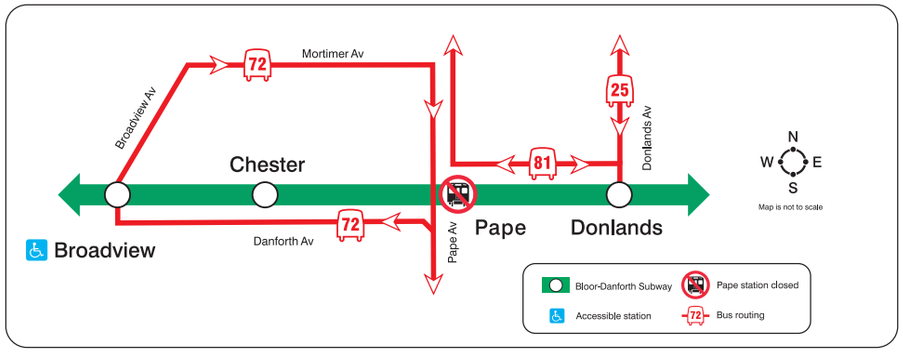
- 72 Pape will divert to Broadview Station, stopping outside Pape Station (southbound only).
- 81 Thorncliffe Park will divert to Donlands Station, stopping outside Pape Station.



Regular service to Pape Station resumes August 31, 2013.

www.ttc.ca 416-393-4636

Saucy Science World ads cause stir

This ad was banned from bus stops in Vancouver. COURTESY RETHINK

The bus stops here. Exhibit kills the headache excuse for women everywhere

KATE WEBB
Metro in Vancouver

An audacious ad campaign promoting an exhibit on The Science of Sexuality at Vancouver's Science World has gotten a rise out of media outlets around the world.

One of the ads features a woman in a leg cast lying with her legs spread and a man on top of her, with a factoid below explaining "Orgasms kill pain." Another displays numerous balls of wadded up tissues and reads "Ejaculation fights colds."

Since BuzzFeed featured the series on its website last Friday, the story has spread to the U.S., India, France, New Zealand and Mexico.

"It's awesome," said Science World marketing assistant Andre Coronado, who worked on the campaign with award-winning ad agency Rethink.

"I guess we're pretty well known here in the Lower Mainland, I would like to say, but just getting the international attention, even from people that speak different languages from around the world, that's really what we like."

Coronado said he knew from the outset the campaign would push boundaries, and sure enough two of the three ads were banned from local bus stops, where Science World often advertises its exhibits.

But he said he doesn't mind, because Science World is happy just to be able to use the cheeky ads online.

"We just wanted to kind of show off the personality of Science World in the sense that we're really serious about our science facts, but we also want to make science fun and engaging."

The Science of Sexuality exhibit is geared at youth ages 12 and up and covers subjects such as puberty, attraction, seduction, desire and intimacy in a sex-positive way. It runs until Sept. 2.

Ex-sheriff's tips lead to missing teen

James Lee DiMaggio allegedly abducted Hannah Anderson and is suspected of killing Anderson's mother and brother at his home. THE ASSOCIATED PRESS

Horseback. Witnesses tell of odd encounter with teen, abductor in Idaho wilderness

The multi-state search for a Southern California teenage girl probably would have taken longer if she and her alleged abductor hadn't encountered a sharp-eyed retired sheriff and three others riding horseback in Idaho's rugged backcountry, authorities said.

The girl, 16-year-old Hannah Anderson, was rescued Saturday after the former sheriff passed along his suspicions, allowing investigators to focus efforts on a southwest corner of wilderness in the Frank Church-River of No Return Wilderness, a 9,325-square-kilometre roadless preserve. Initially, it was the lack of openness on the trail and a reluctance to engage in the polite exchange of banter like so many other recreationists 71-year-old Mark John has encountered on his excursions. John and his partners on horseback were also puzzled why Anderson and James Lee DiMaggio were hiking in the opposite direction of their stated destination.

THE ASSOCIATED PRESS

Quoted

"He might have been an outdoorsman in California, but he was not an outdoorsman in Idaho. ... Red flags kind of went up."

71-year-old Mark John

Health. Alberta will fund treatment for 3-year-old with rare enzyme illness

Aleena Sadownyk
CONTRIBUTED/THE CANADIAN PRESS

The Alberta government says it will pay for drug treatment for a three-year-old girl who has been wasting away due to a rare enzyme deficiency.

A spokesman for the government confirmed the province will fund the treatment for young Aleena Sadownyk of St. Albert.

Sadownyk's family has been lobbying the province for help since Aleena was diagnosed in April with MPS VI (six) syndrome, which causes waste cells to build up around her joints and her heart.

She will now be given a drug called Naglazyme, which costs at least $300,000 a year to administer.

The drug has not been approved by Health Canada but is available in special cases.

Patients are already being funded for treatment in Saskatchewan, Ontario, B.C., and Quebec.

THE CANADIAN PRESS

St. Catharines

Man faces kidnapping charges after girl grabbed

A St. Catharines man is facing a kidnapping charge after police say a teenage girl was grabbed and forced to walk several kilometres before bystanders intervened.

Police say a man grabbed the 14-year-old girl forcefully after approaching her in a park around 3:30 on Sunday afternoon.

Investigators say he then forced her to walk several blocks to an industrial area, a distance of about 2½ kilometres.

Several witnesses then intervened and called 911. Police say the man was located in the area and arrested. Roy Selman, 36, is charged with kidnapping. THE CANADIAN PRESS

London, Ont.

Man charged with secretly recording children in washroom

A 34-year-old man is in custody accused of secretly recording children in washroom cubicles earlier this month in London, Ont.

Police say the man was arrested after a search of a London home on Monday.

The search came after police received complaints on Aug. 2 that a man was secretly recording children.

Allan Gordon is charged with two counts each of making and possessing child pornography.

Gordon is also charged with secretly recording people expecting privacy.

THE CANADIAN PRESS

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BlackBerry weighs its sale options as review kicks off

BB in motion. Decision to examine 'strategic alternatives' could lead to change of ownership for beleaguered firm

Hopes of BlackBerry returning to its glory days have all but disappeared as the smartphone company delivered the most damning proof on Monday that its new phones are a sales flop, as it moves forward with a plan that could result in the sale of its operations.

The board of directors at the Waterloo-based company launched a review of "strategic alternatives" that it says could also potentially take BlackBerry in other directions, such as a partnership or joint venture.

A BlackBerry Q10
THE CANADIAN PRESS FILE

Regardless of the outcome, the decision throws the company's future into uncertainty. BlackBerry could be scooped up by an interested buyer or even go private — an idea that has gained favour since last week when reports suggested the board has recently opened up to that option, even though it wasn't specifically mentioned in the announcement.

In some ways, the company has been here before, but the stakes are different this time around.

BlackBerry launched a softer review of its "strategic business model alternatives" in May 2012, which some analysts had expected would turn into a sale of certain assets. That never materialized and BlackBerry went on to launch its new line of phones in late January.

Since then, the new high-end BlackBerry 10 phones struggled to gain favour in the highly competitive smartphone market dominated by Apple's iPhone and the Android devices.

THE CANADIAN PRESS

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Nobel Prize. Petition endorses Bradley Manning for the peace award

Nobel Prize committee officials say they have received a petition claiming some 100,000 signatures that endorses awarding the peace prize to U.S. soldier Bradley Manning, who faces up to 90 years in prison for disclosing classified information through WikiLeaks.

Peace laureate Mairead Maguire nominated Manning for the prize in June, saying his leaks had helped end the war in Iraq by hastening foreign troop withdrawals and dissuading further American intervention in the Middle East.

U.S. anti-war activist Norman Solomon gave the petition on Monday to Nobel committee member Asle Toje, who said the annually awarded $1 million Nobel Prizes are "not a popularity contest" and the petition would neither weaken nor strengthen Manning's nomination. THE ASSOCIATED PRESS

Peterborough

2 men charged in bear-spray fight

Two Peterborough men who allegedly discharged bear spray during an altercation have been charged.

Police say the men went to an apartment on Saturday night where they began an argument with a 29-year-old man who answered the door.

Police say one visitor was threatening to use a knife and a can of bear spray when there was a physical altercation. Police say the can discharged but the resident grabbed it. The resident then allegedly struck one of the men on the head with it and sprayed the man in the face.

Twenty-six-year-old David Davis and 23-year-old Kyle Lee were charged with possession of a weapon for a dangerous purpose and assault with a weapon. THE CANADIAN PRESS

Rodeo clown banned after Obama mask controversy

Bull-riding event. Spectators asked if they wanted to see American president run down by bull

The Missouri State Fair on Monday imposed a lifetime ban on a rodeo clown whose depiction of U.S. President Barack Obama getting charged by a bull was widely criticized by Democratic and Republican officials alike.

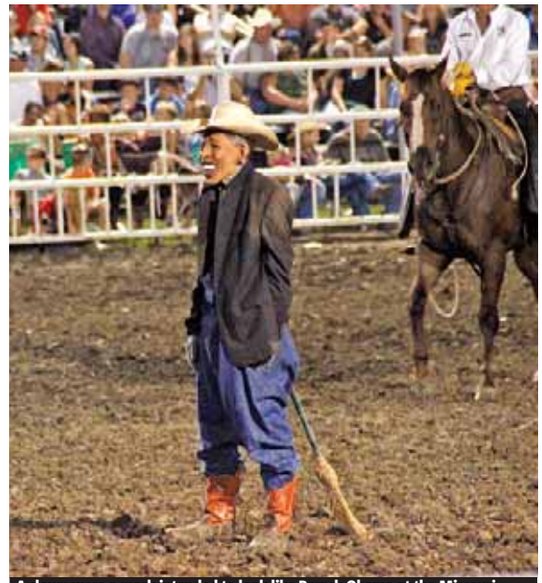
The rodeo clown won't be allowed to participate or perform at the fair again. Fair officials say they're also reviewing whether to take any action against the Missouri Rodeo Cowboy Association, the contractor responsible for Saturday's event.

The entertainment during the bull-riding contest featured a clown wearing a mask of Obama. Spectators were asked if they wanted to see "Obama run down by a bull." Many in the audience responded enthusiastically.

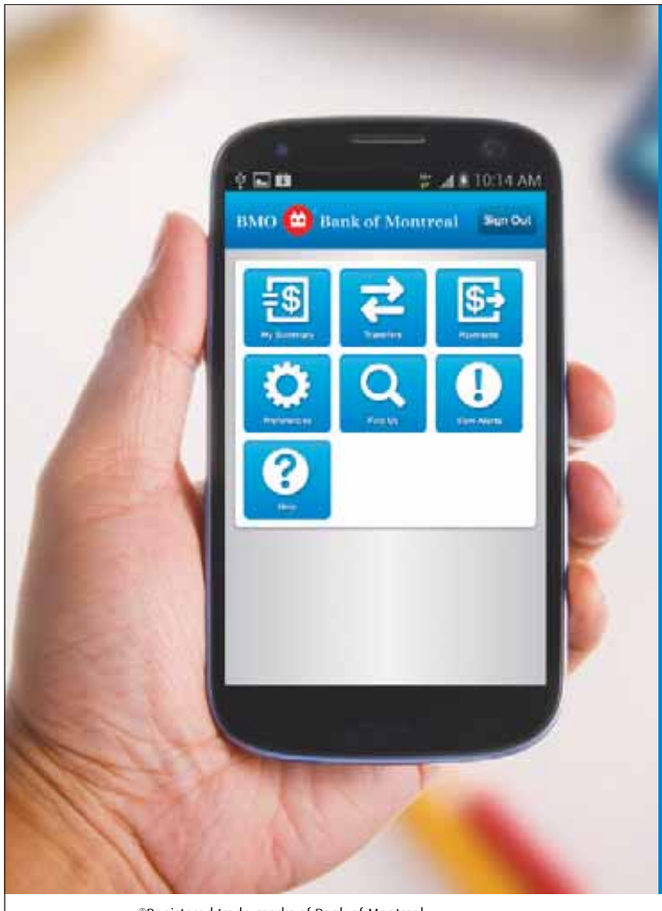
Numerous Missouri officials denounced the act after video and photos were posted online. Missouri House Democrats have suggested the Republican-led chamber should form a special committee to investigate the incident and determine whether to continue providing tax dollars to the fair.

The fair said in a written statement announcing the clown's ban that he had engaged in an "unconscionable stunt" that was "inappropriate and not in keeping with the Fair's standards." The fair's press release did not identify the clown.

Perry Beam, an attendee, has said it had the feeling of Ku Klux Klan rally. He said that, at one point, another clown ran up to the one wearing the Obama mask and played with the lips on the mask. THE ASSOCIATED PRESS



A clown wore a mask intended to look like Barack Obama at the Missouri State Fair. The announcer asked the crowd if anyone wanted to see "Obama run down by a bull," according to a spectator. JAMESON HSIEH/ THE ASSOCIATED PRESS



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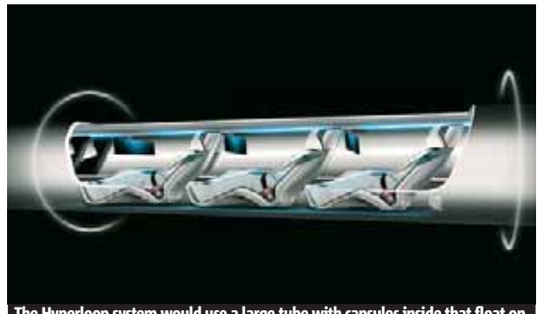
PayPal co-founder reveals Hyperloop transport system

Los Angeles. Concept for travel between big cities uses capsules that move at high speed inside a large tube



The Hyperloop system would use a large tube with capsules inside that float on air, travelling at over 1,126 kilometres per hour. TESLA MOTORS/THE ASSOCIATED PRESS

Billionaire entrepreneur Elon Musk unveiled a transportation concept Monday that he said could whisk passengers the nearly 644 kilometres from Los Angeles to San Francisco in 30 minutes — half the time it takes an airplane. If it's ever built.

His Hyperloop system for travel between major cities would use a large tube. Inside, capsules would float on air, travelling at more than 1,126 kilometres per hour. The air would be sucked by a powerful fan at the front and expelled at the rear.

"Short of figuring out real teleportation, which would of course be awesome (someone please do this), the only option for super fast travel is to build a tube over or under the ground that contains a special environment," Musk wrote in his proposal, posted online.

The system Musk envisions is not unlike the pneumatic tubes that transport capsules stuffed with paperwork in older buildings. In this case, the cargo would be several people, reclining for the ride.

Coming from almost anyone else, the hyperbole would be hard to take seriously. But Musk has a track record of success. He co-founded online payment service PayPal, electric luxury carmaker Tesla Motors Inc. and rocket-building company SpaceX.

Monday's unveiling lived up to the hype part of its name. Leading up to the unveiling, done on the SpaceX website, online speculation was feverish. Musk has been dropping hints about his system for more than a year during public events, mentioning that it could never crash and would be immune to weather. During a Tesla earnings call on Thursday, Musk said he is too focused on other projects to consider actually building the Hyperloop.

"I think I kind of shot myself by ever mentioning the Hyperloop," he said. "I don't have any plans to execute, because I must remain focused on SpaceX and Tesla."

He said he would fulfil his commitment to publishing an open-source design, meaning anyone can use it and modify it.

THE ASSOCIATED PRESS

Quoted

"I don't have any plans to execute, because I must remain focused on SpaceX and Tesla." Hyperloop designer Elon Musk

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Loyalty rewards. CIBC seeks to keep half of Aerogold customers

The company that runs the Aeroplan loyalty rewards program said Monday that TD Bank will replace CIBC as the primary credit card issuer in the new year, although CIBC is seeking to keep about half of the current Aerogold customers.

The two rival banks and Aeroplan operator Aimia Inc. have agreed to continue talks and are aiming to have a definitive compromise by Aug. 26, about 2½ weeks after a Aug. 9 deadline for CIBC to match TD Bank's offer.

CIBC said Monday that it's willing to have TD buy the half of the Aerogold portfolio whose clients only have credit cards, but it wants to keep the half held primarily by clients with broader banking relationships.

"In the event an agreement is not reached, CIBC retains its rights to exercise its legal options under the provisions of its existing contract with Aimia," CIBC said in a news release.

THE CANADIAN PRESS

A complete shift to TD would mark the end of Aeroplan's two-decade relationship with CIBC. THE CANADIAN PRESS FILE

Turkey

Liquor warnings decree 'Alcohol is not your friend'

Bottles and cans of alcohol sold in Turkey must soon bear warnings similar to those on cigarette packages, including the phrase "Alcohol is not your friend." The new regulations about the labels result from a law passed in May that restricts the sale and advertising of alcohol.

THE ASSOCIATED PRESS

Albany, N.Y.

New York to look into 'Wild West' of virtual currency

New York is investigating the "Wild West" atmosphere of virtual currency such as Bitcoin to create new regulations against its use in crimes. Virtual currency is composed of digital bits and based on mathematical schemes that guard against counterfeiting. THE ASSOCIATED PRESS

Montreal

Dollarama exec will head up 99-cents Only

Dollarama is losing one of its top executives, who is moving to California to become president and CEO of another discount retailer called 99-cents Only Stores. Chief operating officer Stephane Gonthier will remain with the Montreal-based company for a time to ensure a smooth transition.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.06¢ (-0.08¢)

TSX 12,594.27 (+52.14)

OIL $106.11 US (+14¢)

GOLD $1,334.20 US (+$22)

Natural gas: $3.30 US (+7¢)
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40	13	11	16	13	24	19
45	16	13	23	17	33	22
50	17	13	32	24	52	36
65	61	41	146	94	285	183

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GX model with Convenience Pkg shown

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GX model with Convenience Pkg Shown

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DECOR DISPUTE HITS HOME

SHE SAYS

Jessica Napier
metronews.ca

After five years, two condos, one basement apartment and a whole lot of rent cheques, my boyfriend and I finally managed to buy a house together. Technically it's more of a townhouse, which means we have a mortgage AND we're obligated to pay hundreds of dollars a month in maintenance fees, but hey, it's something.

The week after our closing date I spent about 18 hours admiring inspirational interiors on various home decor blogs (which are basically porn for new homeowners). I found myself drooling over designer kitchens and impossibly minimalistic living rooms that I could never re-create. I lay awake at night lusting after expensive flush mount lighting and fantasizing about what sort of table runners I could buy for various themed dinner parties.

At first my boyfriend didn't share my new-found obsession with interior design. His eyes glazed over as I tried to explain the nuanced differences between eight different shades of white and he took a "whatever you think is best" approach to everything home-related.

But I persisted. I coerced him into weekend trips to Home Depot by explaining that we're no longer lazy tenants and he should take an interest in making our new home our own.

Eventually, my "nest and invest" campaign paid off and I got him to start caring about furniture placement and light fixtures. So you can imagine my disappointment when I realized that he actually didn't agree with 100 per cent of the decorating decisions that I had already executed in my mind (and on my many decor-themed Pinterest boards).

Suddenly he has all of these ideas about bar stool upholstery and pendants versus pot lights. The white paint colour for the living room is now "too" white and perhaps we should be favouring bronze over brushed nickel in our fixtures. I seem to have created a chandelier-loving monster and it's too late to try and put a lid on his opinions.

We're certainly not the first couple to feud over home furnishings. If you've ever been to Ikea on a Saturday morning you've witnessed plenty of domestic disputes between couples who just can't seem to agree on what space-saving wardrobe solution would best suit their bedroom. Aspelund! Pax! Morvik!

Homes are a collaborative endeavour and couples are bound to come into conflict at some point, whether it's over personal taste or how much money to spend. It's important to remember that cohabitation means compromise. You're not designing a show home; you're creating a livable space to share together.

I'm not sure that my industrial-chic esthetic can ever really jive harmoniously with his rustic cottage meets Palace-of-Versailles vision for our home. But if we're going to bicker over bookcases, at least now we have a place of our own to do it in.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Shelling out for new digs

COURTESY AI KOWADA GALLERY

3D printed shells for hermit crabs

An artist in Tokyo has created hermit crab shells adorned with miniature cityscapes. Aki Inomata used a CT scanner to map the interior of sea shells before manufacturing the designs using 3D-modelling software. Among the shapes are New York City's skyline, and a Thai pagoda. **METRO**

Q and A

'Changing identity'

AKI INOMATA
Artist, 29, from Tokyo

What inspired you to do this project?
In 2009, I heard about a dispute between France and Japan after an old embassy building in Tokyo was demolished. The two nations debated whose land was it: French or Japanese? Then they agreed to swap control of the land every 50 years.

That made me think about changing identity, and how hermit crabs change their shells as they grow. I wanted to connect the crabs' transformation to our own adaptability, whether it's acquiring a new nationality, emigrating or relocating.

Belt one out. Karaoke benefits VOICE programs

News worth sharing

If you want to sing your support for a good cause, karaoke is a fun way to do it. On Aug. 22, grab the mic at Raise Your Voice, a fundraiser benefiting VOICE for Hearing Impaired Children.

The event will be held at the Gladstone Hotel, with karaoke, a silent auction, raffles, and door prizes.

As people donate to sing a song and challenge their friends to do the same, they'll enjoy "a little bit of competitiveness, a little fun and some music," says VOICE board member Shane Todd, the driving force behind this fundraiser.

Proceeds will go to support VOICE's programs such as auditory-verbal therapy, which teaches children to listen and speak using their residual hearing or hearing aids.

Programs like these help children to "uphold their rights and be present in the world more fully," says Todd.

That's what this fundraiser is all about.

"It's about us raising our voice to help them find and raise their own voices," he says. Raise Your Voice runs from 6 p.m. to midnight at the Gladstone Hotel, 1214 Queen St. W. Tickets are $40, and include admission, entertainment, hors d'oeuvres and cash bar. **CRAIG AND MARC KIELBURGER**

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Letters

RE: Questions Mount About New Brunswick Python, published Aug. 9

This is really sad on many fronts. This animal should not have been in Canada to begin with. The man who owned it should be charged and/or put in jail.

The poor animal was killed for nothing. It should have been shipped back to Africa and put back in the wild where it belongs. The whole system is responsible for this tragedy.

Two children were killed because of weak or no laws. This beautiful animal was killed for the same reason, and what will be done about this?

Well, try nothing as usual. Until the government stops allowing this type of thing to happen, until police enforce the laws, until animals are left where they belong, in the wild, this problem will continue to happen all around the world. When you don't enforce your own laws, what do you think is going to happen? Sad indeed because it could have been prevented if people in power had used common sense.

Anthony Silvestro, Ottawa

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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Disney's wonderful world

D23 attendees check out some of Disney's new animation in Anaheim, Calif. last week. DISNEY/CONTRIBUTED

D23. Metro's Richard Crouse checks out what Disney has on tap at their Anaheim convention

RICHARD CROUSE
scene@metronews.ca

It snowed in Anaheim, Calif., Friday afternoon but it wasn't a freak storm, just a blast of Disney magic at D23, the Mouse House's equivalent of Comic Con.

As Broadway star Indina Menzel sang Let it Go from the upcoming animated film Frozen, artificial flakes fluttered down from the rafters, gently covering the 5,000 faithful fans who gathered for the first of two star-studded early-look previews.

The convention featured more than 200 presentations, panels and concerts, but these sneak peek events, which focussed on Disney's reverence for their past and their commitment to the future, were among the most highly anticipated.

At Friday's event, Disney chairman and chief executive Bob Eiger and chief creative officer John Lasseter were greeted with the kind of audience response usually reserved for rock stars and royal babies.

They unveiled the new short film Get a Horse, which mixes 85-year-old Walt Disney Mickey Mouse sketches and state-of-the art 3D computer animation. It also features a vocal performance from Walt himself, pieced together from old tapes. "Someone has to update his IMDB page," joked director Lauren MacMullan.

Advance looks at The Good Dinosaur, which imagines a world if dinosaurs had survived, Inside Out, a movie Lasseter described as "one of the most unique films I have ever been associated with," and Finding Dory, the sequel to one of Pixar's most loved films, were met with cheers.

Saturday's presentation unveiled teases from Disney's live action slate. Paying tribute to Disney's past, Kenneth Branagh will direct a live action Cinderella, and another film revisits one of Disney's great villains. Maleficent stars Angelina Jolie as the Sleeping Beauty villain, a role she's coveted since youth. "Since I was a little girl Maleficent was always my favourite," she told the crowd. "I wanted to know more about her."

Tomorrowland, a sci-fi film starring George Clooney, was inspired by a box found in the Disney archives. Labelled simply 1952, the "dusty old box" contained a mysterious mishmash of items, including a copy of Amazing Stories magazine and a short animated documentary that inspired Lost screenwriter Damon Lindelof to pen the speculative story.

The most obvious tribute to Disney's legacy is Saving Mr. Banks, which brings the late visionary to life on the big screen. Tom Hanks stars as Walt attempting to buy the rights to Mary Poppins from writer P.L. Travers, played by Emma Thompson. Shot on location at the Burbank Studios where Walt worked, the film is timed to coincide with the 50th anniversary of Mary Poppins.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Did Ben Affleck really visit Lohan in rehab?

THE WORD
Dorothy Robinson
scene@metronews.ca

Lindsay Lohan had a steady stream of visitors while in rehab, including Ben Affleck, who was reportedly considering her for a role in his upcoming film, Live by Night, a source tells Radar Online.

"Lindsay was excited about the opportunity, telling me that she was going to have dark hair in the movie and would have an Irish accent," the source says. "She tried to tell me he was being flirty with her, but that's just Lindsay's way of embellishing because she constantly needs attention."

Apparently the meeting didn't go so well, as a source close to the production insists that Lohan "isn't being considered and won't be in the movie."

I highly doubt that Ben Affleck, who is so beyond A-list that he is practically his own Commandment, visited rehab to interview Lindsay Lohan. But it is nice to think so, isn't it?

Mama Bynes gets busy overseeing Amanda's well-being

Amanda Bynes' mother, Lynn Bynes, has been awarded a temporary conservatorship over her troubled daughter, and she's not wasting any time making decisions.

Her first act? Moving Bynes from her current psychiatric ward, according to Radar Online. "Lynn wants Amanda in a more private facility," a source says. "It could happen as soon as this week. She will get better care at a private facility." The temporary conservatorship, granted late last week, gives Lynn control over decisions about Amanda's health and finances and will be in effect until Sept. 30.

Twitter

@ElizabethHurley
Memory Lane today..... in a black leather catsuit for a new campaign. It's been some time since I've shoehorned myself into one. My son on set- and ecstatic.

@NicholasHoult
I went to a Roller Derby match in Montreal over the weekend, if you get the chance to go then do. Crazy sport and fun people.

@tyrabanks
Forget I was trying to be veggie and ordered some darn meatballs. Shoot!!!

@TheRealRoseanne
That's it! I'm going back to comedy!

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Get drunk not dehydrated

Cocktails that will get you tipsy but won't leave you hugging the toilet the next day. Drink up!

ROMINA McGUINNESS & RICHARD PECKETT

Sun. Drinks. Beach. Buzz. Heaven. The perfect weekend day. Headache. Dry-mouth. Pass out. Vomiting on the car ride home. The usual weekend evening.

To help you stay on track, we asked Orlando Marzo, mixologist and bartender at The Player in Soho, London, to share his top hydrating cocktails.

The Journey

A mix of Bacardi superior and Martini rosato, with a splash of Mezcal, honey and lemon juice. Revitalizing taste and delicate botanicals aroma.

Swizzle

A Caribbean classic. This rum-based drink is made with lime Falernum, angostura bitter, lime juice and sugar syrup. Serve tall with crushed ice. Sensationally refreshing.

Sosho Cooler

Finlandia mango vodka and crisp Sauvignon blanc, shaken with muddled red grapes, fresh lemon and apple juices.

New Orleans Cobbler

Rye, orange, pineapple, lemon, bitters and pastis. A punchy cocktail with a fruity twist.

Grapefruit Julep

Finlandia grapefruit shaken with fresh pink grapefruit and lime juices, honey, grenadine and mint.

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Stay slim, fit and under control

Fight vacation weight gain. Peter Lavelle, founder of Ultimate Bootcamp, walks us through staying flab-free

LINDA CLARK
Metro World News

Put your feet up on vacation, just make sure you use them for exercise too. ISTOCK PHOTO

Souvenirs aren't the only extra baggage people often bring home from summer vacations. What with all the eating and drinking and lazing on the beach or by the pool, the hard work getting into shape for the beach can be easily undone. We asked Peter Lavelle, founder of and trainer at Ultimate Bootcamp, New England's largest outdoor fitness organization, for tips on arriving home flab-free.

Pack sneakers!

"If you're in flip-flops, you're far less likely to keep moving throughout the day," he says. "Wear sneakers, which allow you to sightsee and move from place to place without your legs and feet becoming tired quickly."

Don't just lie there

"It's easy to see vacation as laying on a beach," Lavelle says. "There's no reason it shouldn't be, but you can earn that beach time by going on some excursions. The more active the excursion, the better. Kayaking, snorkelling and hiking are all great ways to stay active. Rent a couple of bikes and see where it takes you. While you're out there having a blast, you'll be burning the calories too."

Pack an exercise band

All day

"Do some exercises before breakfast or while waiting for the shower."

Peter Lavelle
Founder of Ultimate Bootcamp

"You'll be more likely to do some muscle-sculpting in your hotel room," he says. "Do some exercises before breakfast or while waiting for the shower. If you don't own a resistance tubing band, buy one that comes with a chart of exercises."

Stay slim, stay cool

If you're in a warmer climate, "beat the heat by choosing cold menu items," Lavelle says. "Salads and other cold dishes are less likely to be fried and more likely to get you your daily fibre dose."

Water up

"Staying hydrated, especially in sunny spots, is imperative. Chugging extra water isn't just good for your health, it will also make you feel fuller, longer."

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Face your demons, gents

Health. New book by brother of Mark Cuban details decades of self-abuse due to body dysmorphia

Body dysmorphia, anorexia and bulimia have been studied in women for years, but rare is an account from a man who battled the dangerous, distorted reflection in his mirror.

Out this week from Brian Cuban, the middle of two younger brothers of Dallas Mavericks owner Mark Cuban, is Shattered Image, his self-published account of cocaine, alcohol and steroid abuse, a brush with suicide, visits to a psychiatric hospital and three failed marriages.

All, he said in a recent interview, stemmed from the "monster" he began seeing in his mirror as a socially crippled teenager who was overweight and bullied, both at school and by his own mother, herself a victim of body-focused verbal abuse from his grandmother.

Cuban, 52 and the executive director of the Mark Cuban Foundation, said he managed to hide his demons until loved ones helped him into recovery about six years ago. Now, he fields emails from young people facing the same troubles, mostly girls trying to deal with shards of shattered self-images in their own mirrors.

He wishes more boys were among them.

"Even in 2013, the stigma is just huge for boys. You don't want to out yourself," said Cuban, who lives in Dallas. "I've had men come to me and say they're hiding eating disorders from their wives. They're afraid of losing their jobs. They're afraid of being thought of as gay. Not much has changed for men."

Personal image issues

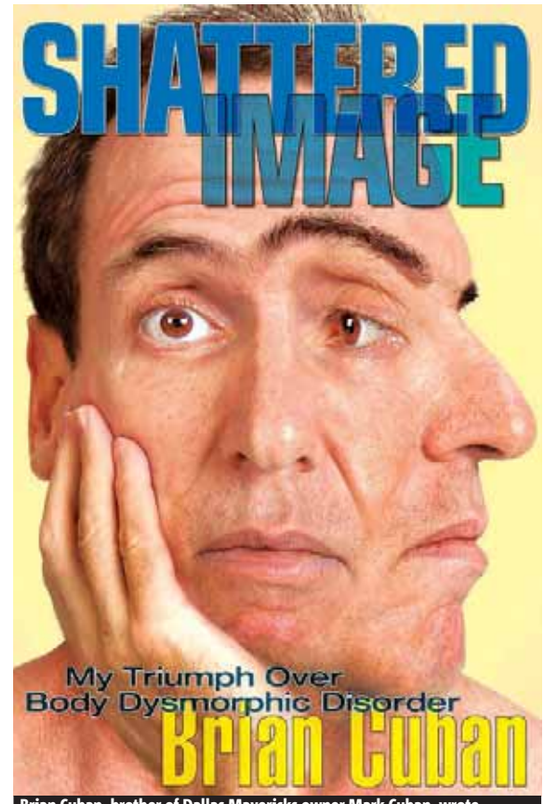
"I've had men come to me and say they're hiding eating disorders from their wives. They're afraid of losing their jobs. They're afraid of being thought of as gay."

Brian Cuban
Author of Shattered Image

You're just six years or so into recovery. Why write this book now?
I just felt that there was a lack of understanding of male self-image and male eating disorders, especially body dysmorphic disorder. It is overwhelmingly thought of and portrayed in the media — and in research — as a predominantly female disorder. I wanted to be one of the ones stepping forward to help change that conversation. Nobody else seems to be. The process of writing was a big part of my recovery. Not just the book but on my blog. I came out as a bulimic on my blog. That was the first my family even knew of it.

In addition to the book, what steps will you take to raise visibility on these and related issues like bullying?
My goal is to reach out to college students to educate them about male body image issues. And to reach out to parents to hopefully start a new conversation about how to talk to your children and how fat-shaming can affect your child's perspective and get it out there that every child is different. Every child is born unique. When I talk to parents I hear a lot of, "Well, I was bullied and I fought back so that's what I'm going to teach my kid." That's great and maybe that will work for your son or your daughter, but your child is not you. Your child may not be mentally equipped to handle it the way you did.

THE ASSOCIATED PRESS



Brian Cuban, brother of Dallas Mavericks owner Mark Cuban, wrote a self-published account of his traumatic life. NETMINDS/THE ASSOCIATED PRESS

Keep asthma under control

Child health. Experts say there is no reason asthma should prevent a kid's active lifestyle

One in five children in Ontario has asthma and for many, that means watching from the sidelines while their friends participate in sports and other physical activities. But asthma experts say there is no reason for a child with well-managed asthma to avoid playing sports and running around just like the other kids.

"In fact, if asthma is interfering with the child's ability to play and be active, that is a strong signal that the asthma is not under control," said Carole Madeley, director of respiratory health programs with the Ontario Lung Association.

To avoid problems when playing sports or exercising, your child should warm up first and start slowly. Although most children with well-controlled asthma should not need to use a reliever inhaler before exercising, if it is needed it should be taken 10 to 15 minutes before the activity. If symptoms occur while playing, your child should stop, use a reliever inhaler and not start again until the symptoms are gone.

NEWS CANADA

Don't let your child get sidelined by asthma. NEWS CANADA

Questions

"If the answer to any of these questions is yes, then the asthma is probably not under control and you should consult your health-care provider to see what needs to be done," said Carole Madeley.

- **Question #1.** Does your child have to use a reliever inhaler (usually blue) more than three times a week?
- **Question #2.** Does your child have asthma symptoms more than three times a week?
- **Question #3.** Does your child ever have difficulty exercising or playing sports because of their asthma?
- **Question #4.** Does your child wake up one or more nights a week because of asthma?

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Best Health

What do you need to do before your workout? ISTOCK PHOTOS

Three health myths busted

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the September issue of Best Health, on newsstands now, we have our regular feature called What Works, What Doesn't, which highlights eye-opening insights into some common health myths.

Should you load up on carbs before a workout?
Maybe not. Many people believe they need to "power up" with carbs like pasta to get through a workout. But if you're already toned and fit, it may not be the best thing.

The more muscle you have, the more insulin your body absorbs from these foods, which means you'll be in for a bigger post-workout blood-sugar crash once the sugar high is gone — and then you'll be starving. Snack on fibre-rich foods like oatmeal or an apple for a steadier stream of energy.

Do you still need to curb salt intake even if your blood pressure is OK?
Yes. Studies show that about one in four people who don't have hypertension are salt-sensitive and stand a greater risk of developing it as they age. So experts advise that we all cut back on salt to lessen our risk of high blood pressure, which is a major risk factor for heart attack and stroke. Health Canada says an adequate intake of sodium for adults is 1,500 mg per day, and no more than 2,300 mg (the equivalent of one teaspoon of salt).

Should you take an antihistamine as soon as you feel allergy symptoms?
No. You should take it before the sneezing and watery eyes begin.

For example, if you're allergic to ragweed, start taking an antihistamine just before pollen season begins.

Are you allergic to animal dander? Take the medication a few hours before visiting a home that has pets.

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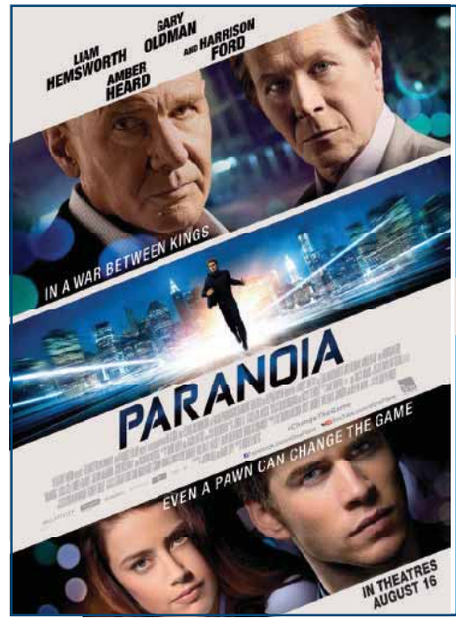

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Keep backyard dishes simple with two-step corn salad

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Barbecued Corn and Roasted Red Pepper Salad

This salad serves four. ROSE REISMAN

While we're still grilling, you can't beat barbecued corn on the cob. This salad is great on its own or serve with either grilled beef, chicken or tiger shrimp.

Ingredients

- 3 fresh cobs of corn – husks removed
- 1 small red pepper sliced in half – seeds removed
- 1/2 cup diced red onion
- 1/2 cup chopped fresh basil
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

1. Preheat your barbecue to medium-high heat. Grill the corncobs and bell pepper halves on a medium heat for about 12 to 15 minutes, or until the corn and peppers begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl. Peel the peppers, dice and add to bowl.

2. Add the red onion, basil, oil, cider vinegar, jalapeno, garlic, and salt and pepper to the corn mixture and stir to combine.

Health Solutions

The science of aging

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The health science community is abuzz with a thing called telomeres (pronounced tea-low-mere-z) that are in every cell in your body and the health of which are an indication of the aging process.

The discovery of telomeres won the Nobel Prize in 2009 and they can now be tested so your cells actually tell the story of your biological age. There are foods and activities that factor into telomere protection:

Consume High nutrient, low calorie foods like:

- Blueberries
- Kale
- Fresh herbs
- Whole grains like quinoa and millet
- Beans and pulses
- Nuts and seeds
- Avoid processed sugar and flour
- Manage stress and sleep

Experts say that one of the most important things you can do to prevent the aging process of telomeres is to avoid "R and R"— red and rumination.

Learn how to relax and take things in stride instead of seeing red and stop ruminating on stressful events that have already passed; let them go.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Good things come in mini bites

1. Shred carrot; grate cheese.

2. Preheat barbecue grill or broiler to medium-high. If using broiler, butter a foil-lined rimmed baking sheet.

3. In a large bowl, combine carrot, bread crumbs, tomato paste, egg, 175 ml (3/4 cup) of cheese, salt and pepper. Stir with a fork until blended. Add beef and blend using a fork just until combined; do not over mix. Shape mixture into 12 patties, each about 6 cm (2 3/4 inches) in diameter and 1 cm (1/2 inch) thick.

4. Place patties on a greased grill or prepared baking sheet. Grill, covered (or broil), for about 5 minutes or until juices rise to the surface. Flip over and cook for 3 to 5 minutes or until an instant-read meat thermometer inserted in the centre registers at least 70 C (160 F) and burgers are well done. Sprinkle with remaining cheese and cook for 1 minute or until cheese is melted. Meanwhile, split buns and toast, if desired.

5. Place burger patties on buns and garnish as desired. **DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)**

Ingredients

- 1 small carrot
- 1 cup (250 ml) Canadian old cheddar or marble cheese
- 1/2 cup (125 ml) dry bread crumbs
- 1 tbsp (15 ml) tomato paste
- 1 egg
- 1/4 tsp (1 ml) each, salt and pepper
- 1 lb (450 g) lean ground beef
- Twelve 2 to 3-inch (5 to 7.5 cm) whole wheat dinner rolls or mini hamburger buns
- Lettuce, sliced tomatoes, sliced pickles or other condiments

This recipe makes 12 mini burgers. COURTESY DAIRY FARMERS OF CANADA

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i'm lovin' it®

Are you really my friend?

Tanja Hollander CONTRIBUTED

Photographer. Tanja Hollander travels the world to meet all of her Facebook friends

ERIKA PADRÓN AND CYNTHIA VALDEZ
Metro World News

Tanja Hollander, a photographer in the U.S., has amassed nearly 700 Facebook friends, but she's never met many of them in person.

And so, she went on a huge journey in the hope of turning her online relationships into something more real. Metro Mexico interviewed the 41-year-old Maine native to find out more about her photo project titled Are You Really My Friend?

What is it like to travel and visit more than 700 friends?
It's been really interesting in every way. I'm about halfway through so there's still 300 more to go. I'm still surprised about how many homes I've been to and how generous people are, especially the people that don't have a lot. They're willing to share what they do have, whether it's food, wine or introducing me to their friends and family, or just making some extra space at home for me to sleep.

Do you tell them you are going to visit, or surprise them?
Yes, I email everybody first.

So, how did you come up with the idea of visit all your Facebook friends?
On New Year's Eve in 2010, I was writing a letter to a friend in Afghanistan and at the same time instant-messaging with a friend who is working in Jakarta. I started thinking about those two friendships and the different way of communicating because they were in opposite places in the world. They're from different parts of my life. Both friendships and ways of communicating are important to me. So I started to think about how we talk with so much technology and how much of our lives is so "photographable".

We know your friends let you stay at their homes but how much money have you spent so far?
A lot! I don't know, that's a good question. It's been a lot. I started this project with a low budget, I could make another project on how to travel with not a lot of money.

Where did you start and which cities have you visited so far?
I started travelling in April 2011 and I've been to a hundred U.S. cities and towns across 43 states. There's nine overseas destinations left to go in Europe, Asia and New Zealand.

What's been the hardest part of this journey?
Scheduling is really difficult, to make sure I'm in the city my friends are from. Maybe they are not home or not available. Sometimes it's hard to keep up with everything, It's also incredibly difficult travelling alone and trying to remember everything.

When do you think you're going to finish this journey?
Hopefully within a year or two. It really depends on how much money I can raise because I have to stop and raise money, which takes time.

Since you started your project, has your Facebook list of friends changed?
Yes, the numbers are going crazy. But I don't accept requests from people I don't know. Some of them deleted me but I don't know why.

Do you have a better definition of a digital friendship?
I think there are different kinds of friendship: there are some friends you call in the middle of the night and the kind of friends you go to the movies with, but there's also the friends you have only by emails or texts. Having a multitude of different kinds of friendships is really enriching.

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Too many money rules? Here's a few more

Alison on money. So we're a bit obsessed with lists these days — here's some that can really help

YOUR MONEY
Alison Griffiths
money@metronews.ca

How many money rules do you need? That's the question posed by Marie Engen in the Aug. 6 online issue of Boomer & Echo: Financial freedom at any age (boomerandecho.com).

Engen correctly notes that money rules are proliferating like weeds in today's list-obsessed media. For example, both Money Magazine and Forbes recently published 20 rules of money.

There's also plenty of books touting rules of money, the champion author being Canadian Gail Vaz-Oxlade with a staggering 261 rules.

For fun, I searched rules of money on the Internet and came up with a mere 830 million hits. (I confess that a few of those hits might be my own lists of rules.)

Engen amusingly turns the discussion on its head by comparing the plethora of financial books on the topic to diet books.

She points out that there are basically only two ways to manage your weight.

1. Don't gobble up more calories than you expend.
2. Quit eating junk.

Similarly, Engen offers just two essential rules for managing money.

1. Spend less than you earn or live below your means. (Doesn't this sound like the first rule of eating?)
2. Save something for the future. Squirrels do this, so should people.

While I hate to add to the list mania, I'd include just one more.

3. Quit buying junk. By junk I mean superfluous possessions and poor quality stuff. This includes expensive and under-performing mutual funds.

I try very hard to follow this third rule, nonetheless I am chagrined when I do a mental review of purchases to realize that at least 10 per cent of what I buy, be it food, clothing or household items, either isn't worth any amount of money or, worse, isn't something I really need or even want.

The best part about adhering to these three simple rules is that they aren't difficult to follow.

In fact, they quickly become habitual like morning coffee or a dog walk before bed.

Even better, once you make this trio a habit the rules are self-perpetuating. Living within your means leads to saving. Buying less junk also frees up cash for saving.

And put together, these rules lead directly to a far more satisfying life. And isn't that the goal we all seek?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Save for the future. Squirrels do it. Aren't you as smart as a squirrel? ISTOCK IMAGES

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Confidence a piece of cake at cook camp

Dad can I help you with dinner? Youngins learning to participate and create through culinary classes

Cherry Yeung, a teacher at Le Dolci, helps James Quinn, 6, make a strawberry pie at a kids culinary camp in Toronto. CHERYL WILLBERG / THE CANADIAN PRESS

Having one's fingers in every pie has a whole new meaning when young children are getting creative in the kitchen.

Culinary camps, offered at venues across the country, are just the latest way kids can learn a life skill while having fun. Not only do they glean valuable knowledge about food preparation, but they also gain confidence in handling knives and other kitchen tools.

Lisa Sanguedolce owns Le Dolci in Toronto, which aims to provide foodie education along with its sweet treats.

"We think a lot of kids love baking and love watching YouTube videos on how to bake, so this has been a great experience for them to actually come and do things from start to finish," explained Sanguedolce in the midst of a recent class focusing on summer strawberry pies.

"So they get to make their dough, create their fillings, create their pie and then take it home and eat it, so it's been a great experience for kids who've always wanted to bake."

The five participants, ranging in age from five to nine, each concocted a pie. Once the kitchen portion of the class wrapped up, the kids spent the rest of the day doing crafts such as T-shirt decorating or playing games, singing or dancing.

Monet Parker, 9, said cooking "is just fun to do and then you can eat it after so it's fun."

Matthew Quinn, also 9, said creating the lattice top for the pie was challenging "because you have to make the strings straight. Otherwise, you're going to mess it up."

Any pastry scraps were turned into cinnamon rolls. "I'm going to cook them and I'm going to eat them," he added with anticipation.

Neither child is a novice in the kitchen; they've both made cakes and cupcakes at home and Monet had made a pie.

For James Quinn, 6, rolling out the dough was the best part of pie baking. He said he enjoyed making a cake the day before and was looking forward to preparing pizza and eating it for lunch the next day.

Eight-year-old Olivia Garrido's favourite tip: "We put flour on the dough so it won't stick to the rolling pin," she explained.

The children are given plenty of individual attention. Along with Sanguedolce, teacher Cherry Yeung provides guidance, such as showing students how to brush the top of the pie with an egg wash "as if you're washing a painting" so that the pastry will brown nicely.

During the week, kids also baked cookies and decorated them with royal icing, made sponge cakes with butter cream icing and prepared and decorated cupcakes with fondant and butter cream icing.

Sanguedolce said four and older is the best age for children to attend cooking classes. "We have had children under the age of two come, but that's been quite a rarity. I think four years old is when they can kind of sit and have lots of fun on their own."

Like many other culinary schools across the country, she offers camps during March break and at Christmas in addition to summer sessions. At Le Dolci there are also evening classes for adults and weekend sessions where mothers or fathers can attend with their child.

Additionally, Sanguedolce offers private parties and corporate team-building events with challenges using food.

"People, adults especially, are always looking for something new to do and corporates really love it because it's different," she said.

"They're working with food and it's not your average team-building event when you're working with pies or chocolate or learning to roll truffles. I think that we're bringing something new and our goal is to have fun."

THE CANADIAN PRESS

Cooking up a business concept

- "We started with a few birthday parties and parents were interested in doing more, so we started putting kids programming together and it's one of our most popular parts of the business doing kids birthday parties and kids events," Sanguedolce said, adding that cupcake decorating is a favourite activity of the youngsters.

Sweet satisfaction

"We think a lot of kids love baking and love watching YouTube videos on how to bake, so this has been a great experience for them to actually come and do things from start to finish."

Lisa Sanguedolce
Owner of Le Dolci

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ENGLISH FOR ACADEMIC PURPOSES

New nail polish files away the competition

A business that nails it. IndiePolish provides a toxin-free alternative to your regular manicure materials

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: IndiePolish

What: Creator and distributor of non-toxic nail polish

Where: myindiepolish.com

Why: "It's kind of scary when you read the ingredients on products and realize what you're putting on your skin."

With summer comes a rush to showcase our nails like works of art. The two go together like French manicures and white tips; base coat and topcoat; like ... well you get the point.

Summer's here and the time is right for painting your nails.
ISTOCK

As women head to their nearest salon or beauty store looking for new colours to enhance their toes and fingers, one business is hoping to give consumers a homemade version of the nail polish they want — free of the toxins some believe are dangerous to our health (although the issue is heavily debated).

Enter Tanya Picanco, 36, the owner of IndiePolish, a Canadian store that sells nail polish she dubs "three-free," meaning her products are free of dibutyl phthalate, formaldehyde and toluene.

IndiePolish, which will celebrate its first anniversary on Oct. 17, was born from Picanco's interest in finding holistic and healthy products for her family and friends.

"I'm kind of a nature nut. I make all the shampoo and soap for my family," she says. "And when you realize that skin is your largest organ, you take more notice of what you're putting on it."

It would be easy to see her love for non-toxic ingredients as the basis for a business, but IndiePolish has also fuelled her passion for creating art, namely with makeup.

"I still remember my first polishes I got at seven from my mom. It's been a love affair ever since," she says.

"As for my nail polishes, I always had a hard time finding polishes I liked. I started mixing store-bought polishes to get what I wanted. One day a friend told me about making polish ... I looked into it, and the rest is history."

IndiePolish in Circus Girl.
MYINDIEPOLISH.COM

IndiePolish in Miami Beach.
MYINDIEPOLISH.COM

E-laborate

• **Go online to read more about the polish you're putting on your skin:** metronews.ca/voices/mom-and-pop-shops/

It's a lot to do for the working mother who ships her product throughout North America, but she has a lot of help from her assistant and muse: her autistic son.

The six-year-old acts as a consultant, constantly creating new colour combinations.

"My son ... thinks it's cool to muddle around in all this colour," she says. "He'll put different colours together or think of different combinations and I'll sit and think, 'Wow, that's really good,'" she laughs.

"I love what I do, but what makes it even better is being able to spend time with my son creating these safe polishes — emphasis on safe."

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If they could go back in time, 27 per cent of college and university students surveyed would tell their younger selves to boost their self-discipline skills, and another 26 per cent would advise improving time management skills in order to be successful beyond high school, according to a study released by Intel Canada.

Survey results show college and university respondents are far more effective when it comes to using technology to stay on track. In fact, 50 per cent of post-secondary students polled said they use technology to manage tasks such as to-do lists.

Post-secondary students surveyed report using a computer on average 24 hours each week. High school student respondents spend on average 16.4 hours per week.

However, it's not just the amount of time spent on their computers that differs, it's how the students polled are using their computers.

Furthermore, when looking more broadly at computer usage than organizational tools, if they could only use their primary computer for one thing, surveyed students said the top choice for post-secondary students surveyed was schoolwork (42 per cent) followed by surfing the web (18 per cent), and streaming TV shows, movies and music (12 per cent)

"Students looking for the best of both worlds when it comes to juggling schoolwork, social lives and foundational skills should consider a two-in-one device for the coming school year," says Graham Palmer, country manager of Intel Canada.

"With a full laptop that can easily convert into a tablet, there are options available, so whether you're in class, at home or somewhere in between you'll have the computing power, and battery life, to make the most of each and every day."

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PROGRESS IN YOUR CAREER
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"We work hard to continually offer relevant programming," says Kim Pavan, director of continuing education at Humber's School of Social and Community Services. "Our partnerships with industry leaders keeps us on point with the knowledge and skills needed by professionals to progress in their careers."

The school is continually adding new course selections, most recently with the criminal intelligence and analysis certificate (CIA) and forensic identification services certificate (FIS). However, there are many courses available across the police, fire and human services fields.

Online courses are available as well as in-class courses. State-of-the-art resources are available to part-time students as well as full-time students.

The recent addition of the Centre for Justice Leadership building houses a mock crime scene lab, fully equipped forensic lab, as well as interview facilities for practice purposes.

Faculty are well versed in their fields; students benefit from their expertise and experience. Online courses are convenient for the working professional or for the individual who is considering a career change.

"The convenience of our online offering has really helped open doors to lifelong learning for many of our students." Pavan says. "Our website is a great resource to get you on the pathway to personal achievement."

THE SCIENCE OF FOOD TECHNOLOGY

Everyone wants to know that the food they put in their bodies is of the highest quality and standards.

"As Canadians, we expect our food to be safe and of high quality," says Steve Boloudakis, professor, food science and technology, Centennial College. "The food and beverage processing industry is also a key component to Canada's economy."

Boloudakis says the food and beverage processing industry is the largest manufacturing industry in Canada in terms of value of production, and the largest manufacturing employer, providing employment for 290,000 Canadians.

To ensure these concerns are eliminated in the future, Centennial College offers a three-year food science technology (FST) program that prepares students for careers in the food sciences field.

"Centennial College has partnered closely with experts in the food industry to address skilled labour needs in an effort to fill gaps and to ensure graduates are ready to be productive members within Canada's food and beverage industry," Boloudakis says.

PROGRAM INFO

The food science technology program at Centennial College includes:

- Comprehensive laboratory training, from foundational to professional skills;
- Practical hands-on experience is acquired with a wide range of instrumentation;
- Common first year with biotechnology and environmental protection diploma programs provides time to choose specialty projects and enhance teamwork skills.

CONTRIBUTED

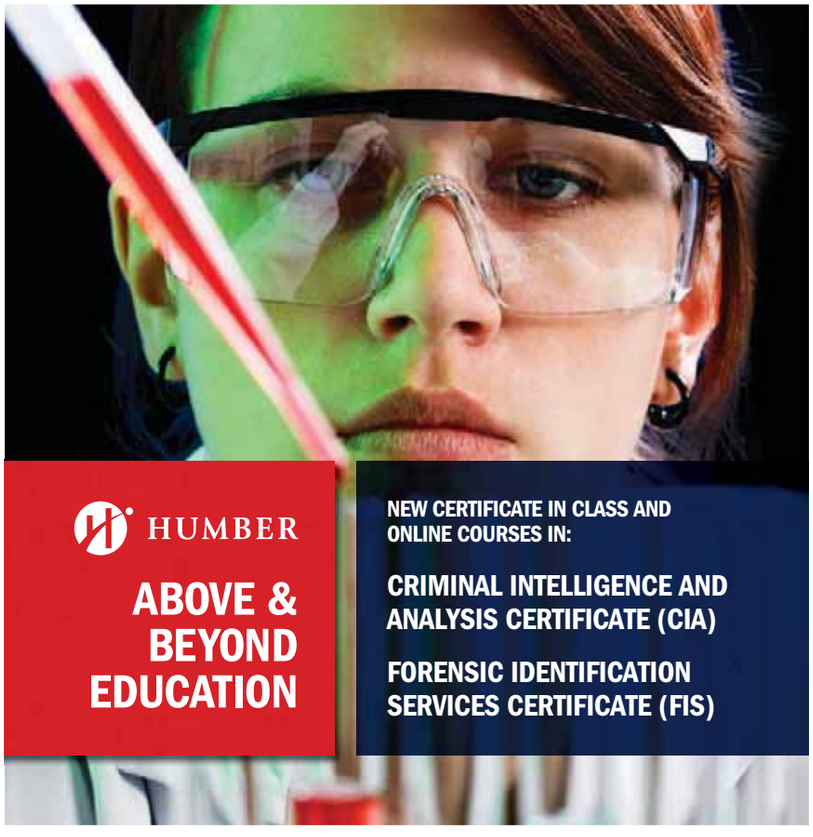
Students in Centennial Colleges FST program will learn to enhance the quality, safety, functionality and nutrition of foods.

The FST program integrates and applies knowledge of microbiology, engineering, chemistry, and nutrition, and prepares students for food science careers in areas including quality control/assurance, food plant management, product development, food industry regulation and inspection, operations and maintenance of automated equipment.

Students looking to get into a career in food sciences more quickly may apply for the fast-track program.

The two-year, fast-track program is for applicants who possess post-secondary education in chemistry/biology or engineering, or related discipline, whereas the three-year program provides an additional year of education for applicants newer to sciences.

For more information about the FST program at Centennial College, visit centennialcollege.ca.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MINIMIZE POTENTIAL LANGUAGE BARRIERS

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ISTOCKPHOTO/THINKSTOCK

GEORGE BROWN COLLEGE PHOTO

For many immigrants, language can be a significant barrier to finding a job that makes the most of an individual's background and training.

Funded by Citizenship and Immigration Canada (CIC), the occupation-specific language training Program (OSLT), offered at 14 colleges across Ontario and six colleges in the GTA, including Centennial College, College Boreal, George Brown College, Humber College, Seneca College and Sheridan College, helps immigrants develop language and communication skills needed to find employment and integrate into the workplace in their sector/occupational background.

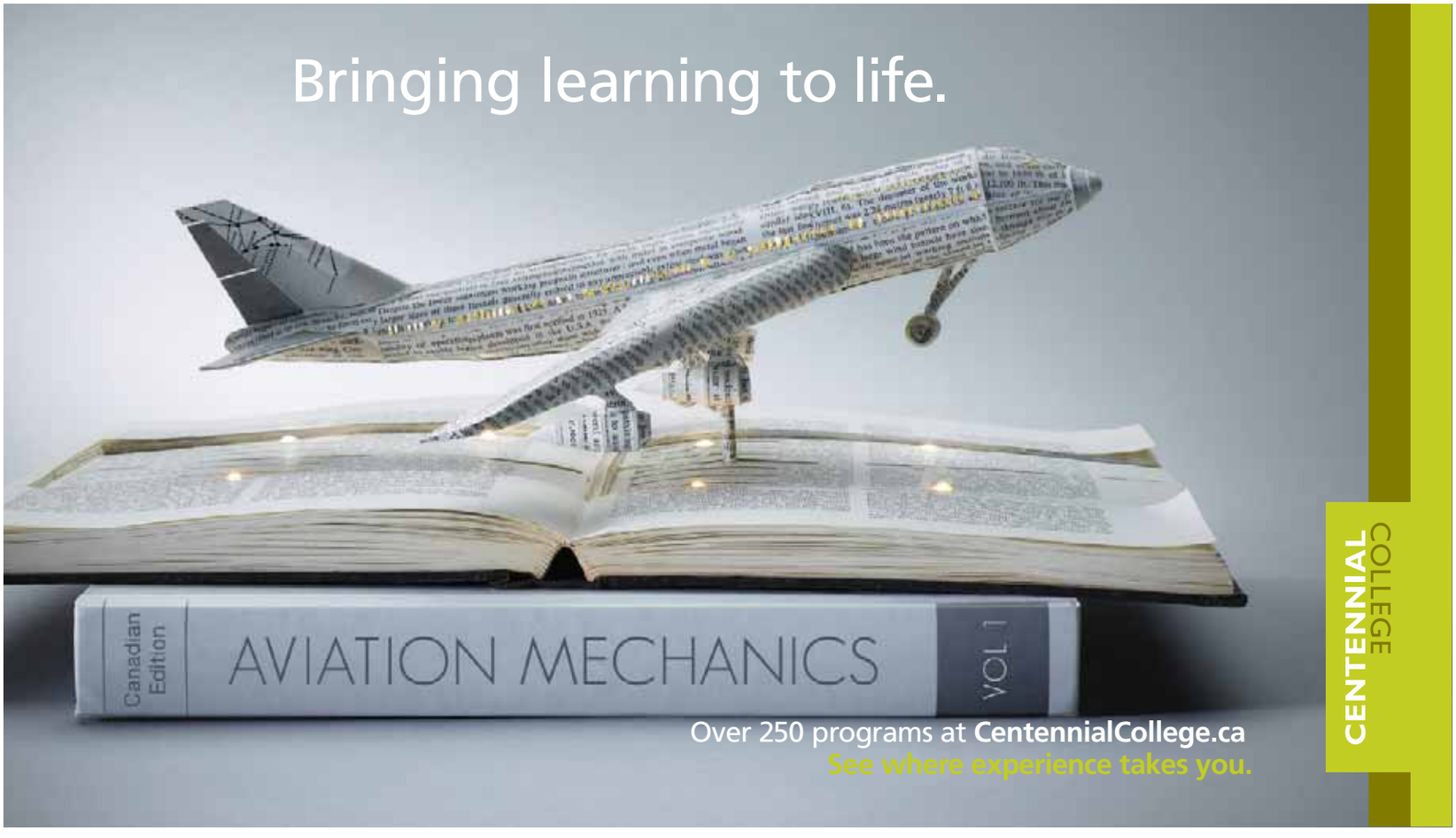
"Unfamiliarity with cultural and workplace expectations are obstacles to finding a job in their field," says Pam Glaser French, manager, immigrant education, George Brown College.

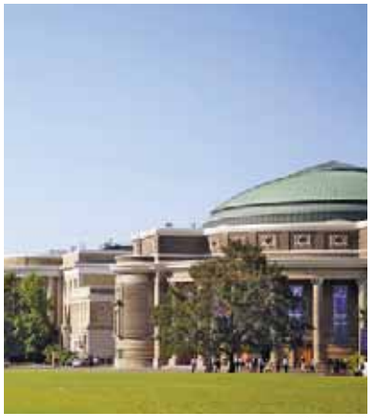
"OSLT seeks to minimize these potential barriers by helping immigrants develop greater cultural awareness, communication and soft skills common to their occupation in Canada."

Classes are highly interactive and are organized around "real world" workplace scenarios that allow students to develop and practise their speaking and listening skills.

Classes are free for eligible participants (immigrants who are permanent residents or protected persons) who have training or experience in a particular occupation or sector but need to improve their occupation-specific communication skills.

For more information about this program and participating colleges, please visit co-oslt.org.





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FURTHER YOUR CAREER WITH ROTMAN

With students heading back to class in September, it's a perfect time to assess your own education and training and how it might be enhanced or upgraded to help you achieve certain career goals.

"An executive MBA is a great option for individuals looking to further their careers," says Allison Quennell, director, executive MBA career services, Rotman School of Management, University of Toronto.

"We have a unique curriculum with a dedicated leadership excellence and acceleration program where we work on developing leaders for today and tomorrow."

Quennell adds that many individuals with a previous technical or professional education/background pursue the degree to round out their business skills and position themselves for broader roles.

Rotman is still accepting applications for September and is also helping individuals prepare applications for 2014.

"The more experienced an individual is, the more they have to contribute to their executive MBA cohort," Quennell says. "And a lot of our students say they wished that they had gone for it when they first considered joining the program.

"They are amazed by how much they grow personally and professionally in our one-year program."

For more information about Rotman School of Management and its programs, visit rotman.utoronto.ca.

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September is just around the corner and it's time to start thinking about your education and career goals. If your objective is to be in a new career by this time next year, take the first steps by enrolling at Canadian Business College.

"If you're thinking about how to advance your career, we're the right place for you," says John Nelson, president and CEO, Canadian Business College.

"We're big enough to attract exceptional instructors who are specialists in their fields, but we're also small enough to offer each student a customized experience."

Canadian Business College takes the time to identify a student's unique abilities and helps turn those into the marketable skills that can give them an edge with employers.

Nelson adds that the size of the college allows students to interact with staff members at all levels, from instructors and career counsellors to faculty heads and the CEO.

"We help you find your path and give you the training you need to fulfil your career goals," Nelson says.

For more information about Canadian Business College and its programs, visit canadianbusinesscollege.com.

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OSLT Occupation-specific Language Training
FLAP Formation linguistique axée sur les professions

COLLEGES ONTARIO | COLLÈGES ONTARIO

J.A. Happ surrendered one run in seven innings with no win to show for it as the Blue Jays lost 5-1 to the Athletics on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Happ-less Blue Jays waste solid start

MLB. Toronto lefty in fine form, but team still loses to A's for third time in the series

J.A. Happ gave the Toronto Blue Jays everything but a win Monday afternoon.

Alberto Callaspo doubled in two runs in a four-run ninth inning to power the Oakland Athletics past Toronto 5-1 at Rogers Centre. The win gave the A's (67-50) three of four against the Jays (54-64).

On Monday

Athletics	Blue Jays
5	1

The defeat was a bitter pill to swallow for Happ, who is also mourning the loss of his grandfather. Happ allowed three hits, two walks and one run while striking out six over seven innings in his second start since being hit in the head by a line drive May 7 at Tropicana Field.

"I definitely had a heavy heart," Happ said. "I tried to use it.

"I probably had a little bit of a different attitude, a little different outlook given the past few days. But I felt good and (I'll) be glad to get with the family this week."

Happ was put on the three-day bereavement list after the game. The only run he surrendered came on the first hitter he faced as Chris Young belted his 10th homer this season and fifth by Oakland to lead off a game.

After walking Young to lead off the third, Happ retired 14 consecutive batters until Callaspo hit his first double of the game with two out in the seventh.

Oakland right-hander Dan Straily held Toronto to six hits and one run over 7 1/3 innings. Reliever Ryan Cook (5-2) pitched two-thirds of an inning for the win.

Callaspo knocked in two runs off Toronto closer Casey Janssen (4-1) with his second double of the game. Stephen Vogt singled in another and Eric Sogard hit a sacrifice fly.

THE CANADIAN PRESS

Movin' on up

Raonic cracks top 10 in ATP rankings

Milos Raonic is the first Canadian men's singles player to be ranked in the top 10, thanks to his run to the final of the Rogers Cup.

The star player from Thornhill, who lost to Rafael Nadal in Sunday's final in Montreal, is No. 10 in the new ATP rankings released Monday.

Milos Ranoic
THE CANADIAN PRESS

He moved up three spots from No. 13, his previous career high.

Raonic didn't have the biggest jump in the rankings among Canadian men, however.

Vasek Pospisil of Vernon, B.C., who lost to Raonic in the Rogers Cup semifinals, rose 31 spots to No. 40 to reach his career high. THE CANADIAN PRESS

NHL

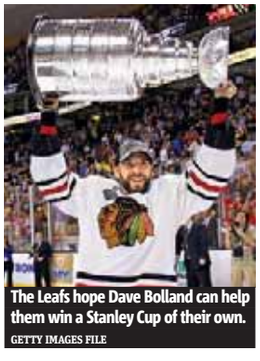
Hawks hire Weeks as goalie coach

The Chicago Blackhawks have hired NHL veteran Steve Weeks as goaltending coach.

This year's Stanley Cup champions made the announcement Monday. Weeks has more than 25 years of experience with the NHL. The 55-year-old from Scarborough most recently was an assistant coach and goaltending specialist with the Atlanta Thrashers from 2001 to 2010. He's also played 13 seasons in the NHL.

THE ASSOCIATED PRESS

Leafs hope homegrown recruits jolt offence



The Leafs hope Dave Bolland can help them win a Stanley Cup of their own.
GETTY IMAGES FILE

Welcome, Toronto-born Dave Bolland. Welcome, Toronto-born David Clarkson.

It happened very subtly, without any bluster or grand pronouncements, kind of the way Maple Leafs GM Dave Nonis operates.

But hockey players from Ontario are back on the roster for the Maple Leafs after a time when they seemed like an endangered species in the lineup.

With Bolland and Clarkson, the Leafs now have two players from Toronto and seven across Ontario on their roster: Nazem Kadri (London), Jay McClement (Kingston), Mark Fraser (Ottawa), Paul Ranger (Whitby) and Trevor Smith (Ottawa).

The Leafs say they take the "best available player."

"Be that through the draft (one from Ontario this year), by trade, or by free agency. David Bolland was an opportunity to acquire one of only eight Blackhawks who were on both Cup teams. David Clarkson was the top free agent available and fit our needs," said assistant GM Dave Poulin.

"Our theory is always the best available player that fits in with our direction."

A stated direction or not as to where "the best" players come from, it would appear that Nonis is taking a page out of Cliff Fletcher's playbook when he was GM of the Leafs in the early 1990s in acquiring local players to give the team a competitive boost. Fletcher added the likes of Kingston's Doug Gilmour, Hamilton's Dave Andreychuk and Scarborough's Peter Zezel during the team's revival from the moribund 1980s. TORSTAR NEWS SERVICE

Where they're from

The breakdown of where current Maple Leafs players hail from:

- Ontario — 7
- U.S. — 5
- Manitoba — 4
- Alberta — 3
- Quebec — 2
- B.C. — 1
- Saskatchewan — 1
- Russia — 1
- Sweden — 1

Spousal rivalry raises the bar

Canada's Brianne Theisen Eaton competes in the high jump in the heptathlon at the World Track and Field Championships in Moscow on Monday. One day after her American husband Ashton Eaton won his first world title in the decathlon, the native of Humboldt, Sask., was fourth after the first day of the seven-discipline event. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Young hockey player collapses, dies at N.B. tryout

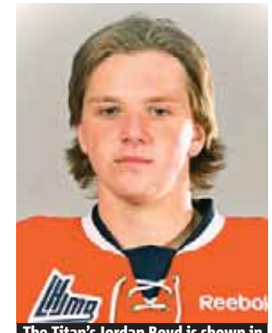
Jordan Boyd. 'He had quite a potential career and life in front of him': Former team president

A 16-year-old prospect for the Acadie-Bathurst Titan junior hockey team died Monday after he collapsed during tryouts with the club.

Photi Sotiropoulos of the Quebec Major Junior Hockey League said Jordan Boyd felt some discomfort during a wind sprint at a rink in Bathurst, N.B.

A first responder attempted unsuccessfully to revive Boyd before he was taken by ambulance to the local hospital, where medical staff determined he had died, Sotiropoulos said.

An autopsy has been ordered to determine the cause of death.



The Titan's Jordan Boyd is shown in a 2013 training camp portrait. DANIEL DOUCET/QMJHL/THE CANADIAN PRESS

Sotiropoulos said the youth completed a full medical evaluation and was cleared to compete by the team doctor before the training camp began.

"It's very odd this would happen," he said, adding there has only been one other training camp death in the league's 30-year history.

"It was horrifying news this morning. When you find out he was just 16 years old, that I think is the most tragic part."

He said the young man's father was watching the workout when his son collapsed. The family declined comment through the team.

The five-foot-11 forward is described by a former president of his minor hockey club in Halifax as a gifted player who had a bright future in the game.

Paul MacIsaac, past president of the Bedford Blues, said Boyd had improved his offensive skills during his bantam season in 2011-12.

THE CANADIAN PRESS

World championships

Fraser-Pryce outshining fellow Jamaican Bolt

The U.S.-Jamaican sprint rivalry is turning into a rout at the world championships.

With her long hot-pink hair slashing in the air behind her, Shelly-Ann Fraser-Pryce captured the 100 metres Monday with a winning margin of Bolt-esque proportions.

Fraser-Pryce sped to an early lead that kept growing and finished in a world-leading 10.71 seconds. She even had time to clench and pump her fist as she crossed the line.

Silver medallist Murielle Ahoure of the Ivory Coast trailed by a massive 0.22 seconds, more than double the previous top margin in 30 years of world championships. Defending champion Carmelita Jeter of the U.S. took bronze.

Fraser-Pryce now has two Olympic and two world titles in the 100 at the same age of 26.

"I am Shelly-Ann Fraser-Pryce. I compare myself to nobody," the Jamaican said. "What Usain (Bolt) has, he has. What I have is hard work." THE ASSOCIATED PRESS

CFL. Canadian Cornish, two Argos honoured with weekly player awards

A career-best accomplishment earned Jon Cornish two CFL weekly awards Monday.

The veteran running back was named the league's offensive player and Canadian player of the week after leading the Calgary Stampeders past the previously unbeaten Saskatchewan Roughriders 42-27.

The native of New Westminster, B.C., rushed for 175 yards and scored a career-high four TDs in the game.

Toronto Argonauts defensive back Alonzo Lawrence was named the top defensive player. He recovered two fumbles, forced another and had two tackles in a 38-13 win over the Montreal Alouettes.

Teammate Chad Owens captured special-teams honours. The CFL's outstanding player last season returned a missed field goal 118 yards for a TD and finished the contest with 247 all-purpose yards.

THE CANADIAN PRESS

Chad Owens carries the ball during CFL game action against the Roughriders on July 11 at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES FILE

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	71	49	.592	—
Tampa Bay	66	50	.569	3
Baltimore	65	52	.556	4½
New York	59	57	.509	10
Toronto	54	64	.458	16

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	69	47	.595	—
Cleveland	63	55	.534	7
Kansas City	61	54	.530	7½
Minnesota	52	63	.452	16½
Chicago	44	72	.379	25

WEST DIVISION

	W	L	Pct	GB
Texas	69	50	.580	—
Oakland	67	50	.573	1
Seattle	54	63	.462	14
Los Angeles	53	63	.457	14½
Houston	37	80	.316	31

Monday's results
Oakland 5 Toronto 1
Texas 2 Houston 1
L.A. Angels at N.Y. Yankees
Miami at Kansas City
Detroit at Chicago White Sox
Cleveland at Minnesota
Sunday's results
N.Y. Yankees 5 Detroit 4
Cleveland 6 L.A. Angels 5
Oakland 6 Toronto 4
Kansas City 4 Boston 3
Minnesota 5 Chicago White Sox 2
Texas 6 Houston 1
Seattle 2 Milwaukee 0
Tuesday's games — All times Eastern
L.A. Angels (Vargas 6-4) at N.Y. Yankees (Sabathia 9-10), 7:05 p.m.
Boston (Dempster 6-8) at Toronto (Redmond 1-1), 7:07 p.m.
Seattle (Ramirez 3-0) at Tampa Bay (Archer 6-4), 7:10 p.m.
Milwaukee (Estrada 4-4) at Texas (Ogando 5-3), 8:05 p.m.
Miami (Fernandez 8-5) at Kansas City (Chen 5-0), 8:10 p.m.
Detroit (Scherzer 17-1) at Chicago White Sox (Santiago 3-7), 8:10 p.m.
Cleveland (McAllister 4-7) at Minnesota (Deduno 7-5), 8:10 p.m.
Houston (Lyles 4-6) at Oakland (Colon 14-4), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	72	46	.610	—
Washington	57	60	.487	14½
New York	54	61	.470	16½
Philadelphia	52	65	.444	19½
Miami	44	72	.379	27

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	70	47	.598	—
St. Louis	67	50	.573	3
Cincinnati	65	52	.556	5
Chicago	52	65	.444	18
Milwaukee	51	67	.432	19½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	67	50	.573	—
Arizona	59	57	.509	7½
Colorado	55	64	.462	13
San Diego	53	64	.453	14
San Francisco	52	65	.444	15

Monday's results
Philadelphia at Atlanta
Cincinnati at Chicago Cubs
San Diego at Colorado
Baltimore at Arizona
N.Y. Mets at L.A. Dodgers
Sunday's results
Cincinnati 3 San Diego 2 (13 inn.)
Atlanta 9 Miami 4
St. Louis 8 Chicago Cubs 4
Baltimore 10 San Francisco 2
Colorado 3 Pittsburgh 2
N.Y. Mets 9 Arizona 5
Washington 6 Philadelphia 0
L.A. Dodgers 8 Tampa Bay 2
Tuesday's games — All times Eastern
San Francisco (Bumgarner 11-7) at Washington (Gonzalez 7-5), 7:05 p.m.
Philadelphia (Martin 1-1) at Atlanta (Medlen 9-10), 7:10 p.m.
Cincinnati (Bailey 7-10) at Chicago Cubs (Samardzija 6-11), 8:05 p.m.
Pittsburgh (Morton 4-3) at St. Louis (Wainwright 13-7), 8:15 p.m.
San Diego (Stults 8-10) at Colorado (Manship 0-1), 8:40 p.m.
Baltimore (Gonzalez 8-5) at Arizona (Delgado 4-3), 9:40 p.m.
N.Y. Mets (Harvey 9-3) at L.A. Dodgers (Ryu 11-3), 10:10 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	11	7	6	36	24	39
New York	11	8	5	36	31	38
Philadelphia	10	7	7	36	32	37
Montreal	10	7	5	34	34	35
Houston	9	7	6	26	22	33
Chicago	9	9	4	29	32	31
New England	8	9	6	27	23	30
Columbus	7	11	5	27	30	26
Toronto FC	4	11	8	21	31	20
D.C. United	3	16	4	13	38	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	12	7	5	39	26	41
Vancouver	10	7	6	36	30	36
Colorado	9	7	9	31	27	36
Portland	8	3	11	32	21	35
Los Angeles	10	9	4	35	30	34
Seattle	10	7	4	29	23	34
FC Dallas	8	6	9	30	33	33
San Jose	8	10	6	25	35	30
Chivas USA	4	13	6	20	40	18

Sunday's results
FC Dallas 3 Los Angeles 3
Chivas USA 1 Colorado 1
Saturday's games — All Times Eastern
D.C. United at Montreal, 7 p.m.
Toronto FC at Columbus, 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at New York, 8 p.m.
Seattle at Houston, 9 p.m.
Vancouver at Colorado, 9:30 p.m.
Real Salt Lake at Los Angeles, 10:30 p.m.
FC Dallas at Portland, 11 p.m.

CFL

WEEK 8

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	6	4	2	0	194	141	8
Hamilton	6	2	4	0	129	187	4
Montreal	6	2	4	0	135	177	4
Winnipeg	6	1	5	0	135	173	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	6	5	1	0	210	129	10
Calgary	6	5	1	0	204	160	10
B.C.	6	4	2	0	143	142	8
Edmonton	6	1	5	0	128	169	2

Friday's game — All Times Eastern
Hamilton at Winnipeg, 8 p.m.
Saturday's game
Montreal at Saskatchewan, 4 p.m.
Calgary at B.C., 9 p.m.
Sunday's game
Edmonton at Toronto, 7 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
A friend will need cheering up today and you're the right person for the job. No one is happier than you, so be who you were meant to be and let some of those good vibes rub off on those around you.

♉ Taurus
April 21 - May 21
If you get the urge to change direction, do so. Others will complain because it throws their plans into confusion, but what's that to you? Be honest to who you are.

♊ Gemini
May 22 - June 21
Even things that go wrong are part of cosmic design, so don't get too upset if your plans don't work out the way you had hoped over the next 24 hours. It's all good — always.

♋ Cancer
June 22 - July 23
Do something that grabs the attention of important people and keep doing it until you get the recognition you deserve. If the planets are to be believed, it won't be long in coming.

♌ Leo
July 24 - Aug. 23
It won't take much of an effort to get on top of your workload today but can you be bothered? Hopefully you will overcome your lethargy because once you start, you won't want to stop.

♍ Virgo
Aug. 24 - Sept. 23
You can turn any situation to your own advantage now, even those that seem to be going against you. With Mercury, your ruler, linked to power planet Pluto, you are in no mood to give up.

♎ Libra
Sept. 24 - Oct. 23
Certain people are gossiping about you but is it such a big deal? And would you prefer it if no one took any notice of you? If they're talking about you then you must be doing something special.

♏ Scorpio
Oct. 24 - Nov. 22
Honesty is a virtue. But if you are smart you will hold off telling the world what you know today, especially if it involves a friend who might be hurt by the revelations.

♐ Sagittarius
Nov. 23 - Dec. 21
With the Sun in your fellow Fire sign of Leo, you can easily persuade friends and work colleagues to do tasks for you. Sit back and let them do all the hard stuff. They'll be happy and so will you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't act as if time is a factor, because it isn't. Whatever the task you have to compete today, the important thing is that you get it 100 per cent right — however long it takes.

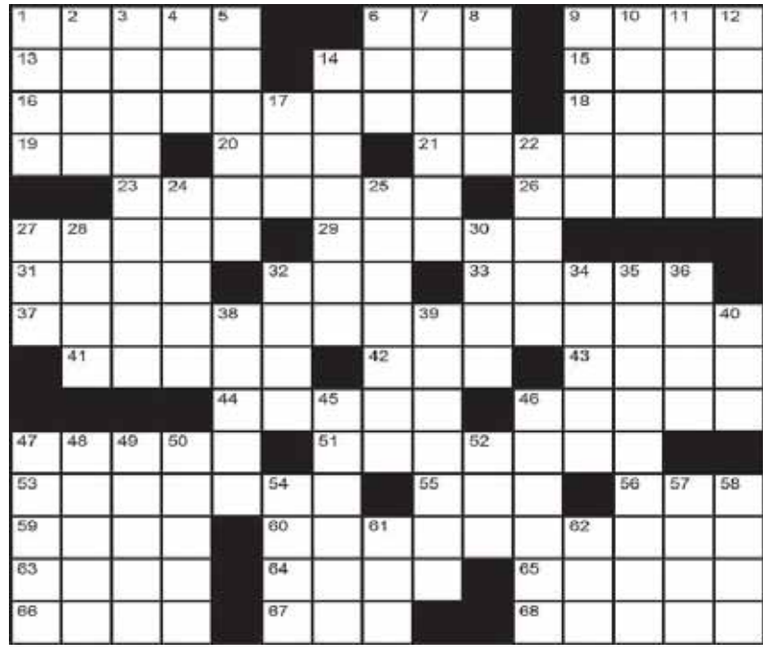
♒ Aquarius
Jan. 21 - Feb. 19
If someone takes you into their confidence today, you must not betray their trust by passing the information on to others. If you do, they will never trust you again. In fact, you'll always be the last to know.

♓ Pisces
Feb. 20 - March 20
You may be tempted to help a friend cover up some kind of transgression but the planets warn it's not a smart move. Let them know that the problem is theirs to resolve. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



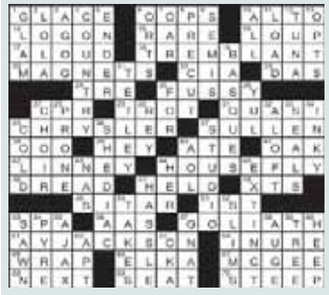
Across

1. 9:30am and 2:45pm
6. "It's Like That" by Run-_ _ _
9. Ms. Turner
13. On _ __ (Is winning)
14. "Bye!"
15. Equal: French
16. 1980 golf comedy
18. __-de-camp
19. Pop group, __ Direction
20. 7th Greek letter
21. Streaming media provider
23. Stone of hieroglyphics
26. Open court hearings
27. Conform
29. Himalayas land
31. Ancient Egypt: Son of Ramses I
32. Sales pro
33. House toppers
37. What an athlete might lose because of steroid use: 2 wds.
41. Special snack
42. Tic-__-Toe
43. Associations [abbr.]
44. Administered, as medication
46. Healed
47. Annie Lennox hit: "No ___ Love You's"
51. Saint Joseph's __ (Montreal church/tourist attraction on Mount Royal)
53. Famous hotel in Ottawa, Fairmont __ Laurier
55. Big noise
56. Scoundrel
59. "Fame" (1980) star Irene
60. Norwegian, for one: 2 wds.
63. Portland, __.
64. Clue
65. Ebb and neap
66. Agile or lively
67. Compass dir.
68. Purges

Down

1. Old El Paso kit component
2. Tehran's land
3. Whoopi Goldberg's job on "The View"
4. Yore
5. Most cunning
6. Day: Spanish
7. Pre-Confederation: Premier of the Province of Canada, from 1854 to 1856, Sir Allan __ (b.1798 - d.1862) ...also the great-great-great grandfather of Prince Charles' wife Camilla
8. Pepsi competitor
9. Like Romaine lettuce
10. Nimble
11. Low point
12. Mr. Trebek's
14. Gab
17. Sault __. Marie, Ontario
22. Go from bottom back up __ __
24. Sound off
25. Informant
27. Beast of burden
28. Store section, shortly
30. Mr. Clapton
32. __-Rooter
34. Scent
35. Get to BC's coastal islands from the mainland by way of one: 2 wds.
36. Greenish hue
38. The Beatles' "Sexy __"
39. Tried some: 3 wds.
40. '60s hallucinogenic
45. Manitoba town
46. Bill Haley's backups
47. Doctor on "Star Trek"
48. Family in "Gone with the Wind" (1939)
49. More unique
50. Story, in a house, in French
52. Thanks, to Brits
54. Patient's pain
57. Afresh
58. D'Urbervilles heroine
61. Feminine 'one' in French
62. Sass

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3				2		
		6	2		5	4		
2				7				9
	8	2	5		9	1	6	
	5	4	6		7	8	3	
6				2				8
		8	3		6	9		
		1				7		

Yesterday's Sudoku

1	2	5	7	4	9	3	8	6
9	7	6	3	8	2	4	1	5
3	4	8	1	5	6	2	7	9
5	8	1	4	2	3	6	9	7
2	9	3	5	6	7	8	4	1
4	6	7	9	1	8	5	2	3
8	5	9	8	7	4	1	3	2
7	1	4	2	3	5	9	6	8
6	3	2	6	9	1	7	5	4

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ON SELECT MODELS

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7 PASSENGER SEATING AVAILABLE

THE ALL-NEW 2014 RONDO

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

OWN IT FROM **$131**‡ BI-WEEKLY | WITH **$0** DOWN | AT **0%** APR

OR GET **$1,750** CASH SAVINGS‡ ON SELECT TRIMS

INCLUDED FEATURES:

- 16" Steel Wheels
- Heated Front Seats
- Bluetooth°
- Steering Wheel Mounted Audio Controls
- Air Conditioning
- Keyless Entry
- FlexSteer™

Bi-weekly for 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination and fees. Offer based on 2014 Rondo LX MT with a purchase price of $23,893. Excludes HST.

7 PASSENGER SEATING AVAILABLE | AVAILABLE ALL-WHEEL DRIVE

THE NEW 2014 SORENTO

HWY (A/T): 7.1L/100KM
CITY (A/T): 10.4L/100KM

OWN IT FROM **$159**‡ BI-WEEKLY | WITH **$0** DOWN | AT **0%** APR

OR GET **$2,500** CASH SAVINGS‡ ON SELECT TRIMS

INCLUDED FEATURES:

- Heated Front Seats
- Air Conditioning
- Rear Parking Sonar
- 6-Speed Automatic Transmission
- Keyless Entry
- Bluetooth°

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination and fees. Offer based on 2014 Sorento 2.4L LX AT FWD with a purchase price of $28,893. Excludes HST.

AVAILABLE ALL-WHEEL DRIVE

2013 SPORTAGE

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM

OWN IT FROM **$127**‡ BI-WEEKLY | WITH **$0** DOWN | AT **0%** APR

OR GET **$2,500** CASH SAVINGS‡ ON SELECT TRIMS

INCLUDED FEATURES:

- Air Conditioning
- Heated Front Seats
- Satellite Radio
- Bluetooth°
- Keyless Entry

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT.** Offer includes delivery, destination and fees. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of $24,178. Excludes HST.

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KIA
The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by September 3, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. **0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ‡Bi-weekly finance payment O.A.C. for new 2014 Rondo LX MT (RN15IE) based on a selling price of $23,893 is $131 with an APR of 0% for 84 months, with a remaining balance of $0. Bi-weekly finance payment O.A.C. for new 2013 Sportage 2.4L LX MT FWD (SP15ID)/2014 Sorento 2.4L LX AT FWD (SR75BE) based on a selling price of $24,178/$28,893 is $122/$159 with an APR of 0% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $6,622/$8,255 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. $2,500/$2,500/$1,750 cash savings on the cash purchase of an eligible new 2014 Sorento 2.4L LX AT FWD (SR75BE)/2013 Sportage 2.4L LX MT FWD (SP15ID)/2014 Rondo LX MT (RN15IE) from a participating dealer between August 1-September 3, 2013, is deducted from the selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. ^Model shown Manufacturer Suggested Retail Price for 2014 Sorento 3.3L EX AT AWD (SR75HE)/2013 Sportage 2.0T SX Navigation (SP75ID)/2014 Rondo EX Luxury (RN75GE) is $34,195/$28,145/$32,195. ^ Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2013 Sportage 2.4L MPI 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. °The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.